



For more info call
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INJURY CARE GUIDELINES

PHASE 2: Non-Weight-Bearing Exercises

You may start these exercises soon after your injury, but you must follow the guidelines for pain. Progress through the following exercises as instructed. You may experience some soreness exercising, but if you have more than mild discomfort, discontinue the activity, or reduce the intensity level until the pain lessens.

Try to do these exercises 3-4 times a day, decreasing the amount as your ankle heals. It is beneficial to ice before trying these exercises. Icing will allow you to complete the exercises with less discomfort, and produce some body changes that will aid healing.

Always ice after completing your exercise routine. If you still have swelling, ice, elevate and use compression after activity is completed.

1. Warm-Up

Bring your toes up as far as possible, and then point them down as far as possible. Turn your foot to the inside as far as possible and to the outside as far as possible. *Exercise for 1-2 minutes.*



2. Heel Cord Stretching

Sit up with your leg out straight. Loop a towel around your foot and pull back. *Hold for 20-25 seconds, repeat 3-5 times.* Go to the point of slight discomfort, then release pressure slightly.



3. Towel Sweep

Sitting with feet over a smooth floor on a dry towel, using only your ankle, pull towel in towards other foot with your heel as a pivot point. Then pull the towel away from your other foot using your ankle. As this exercise becomes easier you can add weight to the end of the towel. Canned foods work well for providing extra weight. *Work in each direction 20-30 times.* This is an excellent strengthening exercise.



Note

You must consult your physician before following these injury-care guidelines. Your injury may be too severe to undertake the specific exercises outlined in this protocol. If your ankle injury has not been evaluated by a medical professional, do not go beyond Phase 1.