

Ankle Resistance Exercises – Using the Elastic Exercise Band

ELASTIC BAND PLANTARFLEXION

1. Start with your foot in a neutral position.

You may also use the elastic band as a way to stretch your foot up toward you (similar to a standing calf stretch).



2. While seated, use an elastic band attached to your foot and press your foot downward and forward. Return to the starting position slowly and under control.

Perform two sets of 10-15 repetitions, 1-2 times a day on both feet.

You may have your foot suspended on a chair or stool or with your heel resting on the ground.



ELASTIC BAND DORSIFLEXION

1. Start with your foot in a neutral position.



2. While seated, use an elastic band attached to your foot and draw your foot upward.

Perform two sets of 10-15 repetitions, 1-2 times a day on both feet.

You may have your foot suspended on a chair or stool or with your heel resting on the ground.



ELASTIC BAND INVERSION

1. Start with your foot in a neutral position.



2. While seated, use an elastic band attached to your foot and draw your foot inward.

Perform two sets of 10-15 repetitions, 1-2 times a day on both feet.

You may have your foot suspended on a chair or stool or with your heel resting on the ground.



ELASTIC BAND EVERSION

1. Start with your foot in a neutral position.



2. While seated, use an elastic band attached to your foot and draw your foot outward to the side.

Perform two sets of 10-15 repetitions, 1-2 times a day on both feet.

You may have your foot suspended on a chair or stool or with your heel resting on the ground.



- You may have a friend or family member hold the elastic band for you (and not tie it to a table as shown). Please remember if you tie the elastic band, then it must be tied to an object that will not move.
- With these exercises, remember to move slow and under control. There should never be more than a mild to moderate increase in discomfort at this stage of recovery while performing these exercises.