

## ANKLE RANGE OF MOTION PROGRAM

### Seated Heel Raise

Reps: 10 Sets: 3 Hold (sec): 2-3 Weekly: 5x Daily: 2x



Step 1



Step 2

#### Setup

Begin by sitting upright in a chair with your feet positioned shoulder width apart.

#### Movement

Slowly raise both heels off the ground and the same time, then lower them down to the floor.

#### Tip

Make sure to keep the balls of your feet in contact with the floor.

### Seated Toe Raise

Reps: 10 Sets: 3 Hold (sec): 2-3 Weekly: 5x Daily: 2x



Step 1



Step 2

#### Setup

Begin by sitting upright in a chair with your feet flat on the floor.

#### Movement

Raise your toes up off the floor.

#### Tip

Make sure to keep your heels on the floor.

### Seated Ankle Circles

Reps: 10 Sets: 3 Weekly: 5x Daily: 2x



Step 1



Step 2

#### Setup

Begin by sitting upright on the edge of a table or bed with both legs hanging off the edge.

#### Movement

Rotating at the ankle, slowly trace circles with your foot; first in one direction and then in the other.

#### Tip

Make sure to keep your upper leg still as you move your foot.

## Long Sitting Ankle Pumps

Reps: 10 Sets: 3 Hold (sec): 2-3 Weekly: 5x Daily: 2x



Step 1



Step 2

### Setup

Begin sitting upright on the floor with your legs straight.

### Movement

Slowly pump your ankles by bending your feet backward and forward.

### Tip

Try to keep the rest of your legs relaxed while you move your ankles.