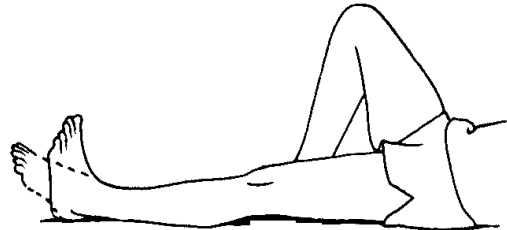


# Ankle and Foot: Non-Weight Bearing Range of Motion Exercises

## Range of Motion: Plantar/Dorsiflexion

Relax leg. Gently bend and straighten ankle.  
Move through full range of motion. Avoid pain.

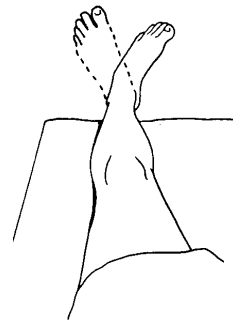
Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.



## Range of Motion: Inversion/Eversion

With leg relaxed, gently turn ankle/foot in and out.  
Move through full range of motion.  
Avoid pain.

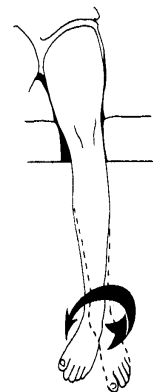
Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.



## Ankle Circles

Slowly rotate foot/ankle clockwise and counter-clockwise.  
Gradually increase range of motion. Avoid pain.

Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.

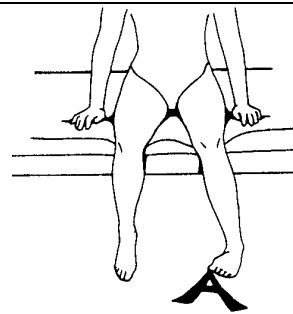


### **Ankle Alphabet**

Using your ankle and foot only, brace the letters of the alphabet. Perform A to Z.

Repeat \_\_\_\_ times.

Do \_\_\_\_ sessions per day.



**Physiotherapist** \_\_\_\_\_ **Signature** \_\_\_\_\_ **Date** \_\_\_\_/\_\_\_\_/\_\_\_\_  
(Name & Designation)

*If you have any concerns with this advice or exercises, please contact your physiotherapist.*