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| ***ANKLE REHAB*** |  |
| **Ankle range-of-motion**  **Dorsiflexion**  C:\Users\Jen\Desktop\Exercise handouts\DF.jpg  **C:\Users\Jen\Desktop\Exercise handouts\PF.jpgPlantarflexion**  Progression:-   * Ankle alphabets | *Start position:* ***Lying with leg out straight***   * **Dorsiflexion**: pull toes and ankle up towards you * **Plantarflexion**: point toes and ankle down * **Ankle alphabets**: move ankle and toes, making an outline of all the letters in the alphabet. * Ensure working within a painfree range |
| **Theraband**  Plantarflexion  Image result for theraband eversion inversion | * **Plantarflexion**:*-* * Place theraband around ball of foot and hold both ends * Point toes and ankle down by pushing into band * Slowly allow foot to return to neutral positon in a controlled manner * Sets: 3 Reps 10-15x * **Inversion:** * Place theraband around ball of foot and tie ends around table leg * Slowly move your foot and ankle inwards against the band * Slowly allow foot to return to neutral positon in a controlled manner * Sets: 3 Reps 10-15x   **Eversion:**   * Place theraband around ball of foot and tie ends around table leg * Slowly move your foot and ankle outwards against the band * Slowly allow foot to return to neutral positon in a controlled manner * Sets: 3 Reps 10-15x |

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| **Single leg balance**  C:\Users\Back On Track\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Word\SLS.JPG | *Start position:* ***standing on injured leg***   * Lift uninjured leg & balance on one leg * Ensure hips are aligned/neutral. * Hold for 30 seconds.   Tip: maintain equal height of both hips  Try to perform when brushing teeth or waiting for kettle to boil! |
| **Singe leg balance – uneven surface**  C:\Users\Jen\Desktop\Exercise handouts\Bosu balance.jpg  Progression:-   * Try closing eyes | *Start position:* ***standing on injured leg***   * Lift uninjured leg & balance on one leg * Ensure hips are aligned/neutral. * Aim for a 30 sec hold   Tip: maintain equal height of both hips |
| **Wall squat**  C:\Users\BackOnTrack\AppData\Local\Microsoft\Windows\INetCache\Content.Word\20140721_112255.jpg | *Start position:* **Standing, leaning against a ball just below the shoulder blades, up against a wall**   * Feet shoulder/hip width apart, feet slightly turned out. * Lower buttocks as if to sit on a chair. * Ensure knees track over 2nd toe.   Tip: weight should be evenly distributed between both feet. |
| **Partial squat (approx 45°)**    Progressions:-  I – Full squat (approx 90°)  II – Wide squats | *Start position:* ***standing, feet hip distance apart***   * Feet shoulder/hip width apart, feet slightly turned out. * Lower buttocks as if to sit on a chair. * Ensure knees track over 2nd toe.   Tip: weight should be evenly distributed through both heels. |
| C:\Users\Jen\Desktop\Exercise handouts\Lunge.jpg**Lunge**  Progression:-   * Walking lunge | *Start position:* ***injured knee in front. Feet shoulder width apart & long stride***   * Lower back knee towards the ground. * Ensure front knee tracks 2nd toe & does not move over the front of the toes. * Slowly return to start position. * Ensure body stays upright when lifting & lowering. |
| C:\Users\Back On Track\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Word\SLsquat.jpg**Single leg squat** | *Start position:* ***standing on injured leg***   * Bend knee towards the ground. * Ensure front knee tracks 2nd toe. * Slowly straighten knee. |
| **Calf raises**  C:\Users\Jen\Desktop\Exercise handouts\Calfs.jpg  Progressions:-  I – Up: bilat/Down: single (injured)  II – Up & Down: single leg | *Start position:* ***standing on step***   * Feet shoulder/hip width apart. * Raise the heel off the floor & balance on the balls of the feet. |
| **Calf stretch – long (gastroc)**  C:\Users\Jen\Desktop\Exercise handouts\Calf stretch 1.jpg | *Start position:* ***standing, step one leg behind you, knee straight.*** Make sure your toes are pointing straight forwards   * Keep the back knee straight, lunge forwards onto the front leg until a stretch is felt in the back leg * Hold for 30 seconds * Reps: 3x |
| **Calf stretch – short (soleus)**  C:\Users\Jen\Desktop\Exercise handouts\Calf stretch 2.jpg | *Start position:* ***standing, feet stepped in a pyramid position.*** Make sure your toes are pointing straight forwards   * Bend the back knee slightly, until a stretch is felt in the back leg * Hold for 30 seconds * Reps: 3x |