

ANKLE / FOOT - 1  
Isometric Plantar Flexion

With rolled pillow against wall,  
press foot into pillow.  
Hold 5-10 seconds. Relax.

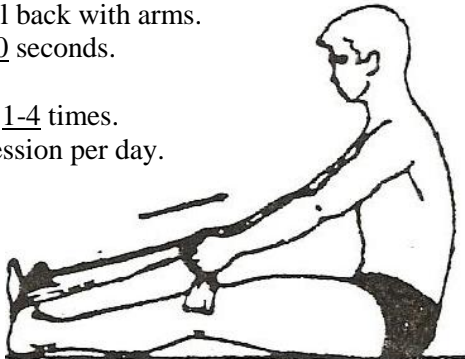
Repeat 10 times.  
Do 1 session per day.



ANKLE / FOOT  
Heel Cord Stretching

Sit with legs out straight.  
Loop a towel around foot  
and pull back with arms.  
Hold 30 seconds.

Repeat 1-4 times.  
Do 1 session per day.



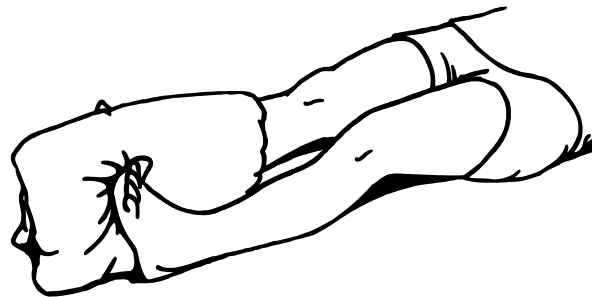
# Reliant Medical Group

## Rehabilitation & Sports Medicine Ankle Injury

ANKLE / FOOT - 4  
Isometric Inversion

With rolled pillow between feet, press inner  
borders of feet into pillow.  
Hold 5-10 seconds. Relax.

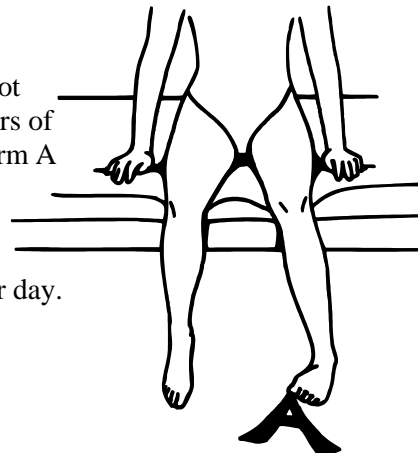
Repeat 10 times. Do 1 session per day.



ANKLE / FOOT - 9  
Ankle Alphabet

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

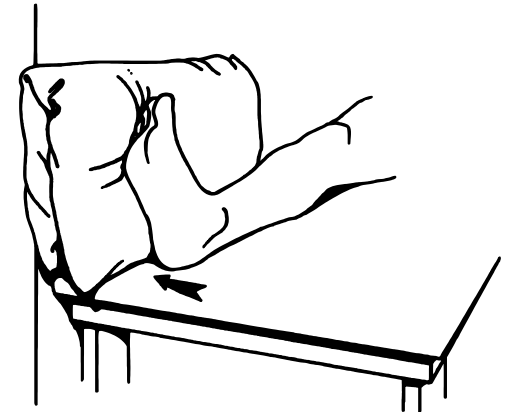
Repeat 1 time.  
Do 3-5 sessions per day.



ANKLE / FOOT - 3  
Isometric Eversion

With rolled pillow against wall, press  
outer border of foot into pillow.  
Hold 5-10 seconds. Relax.

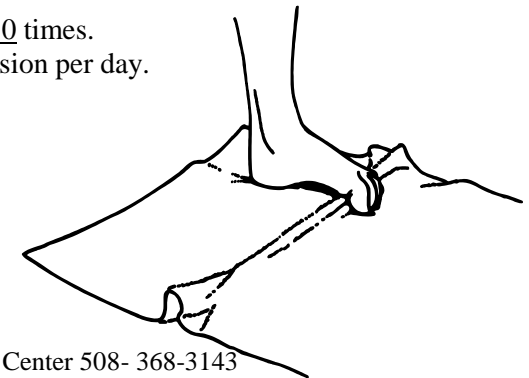
Repeat 10 times.  
Do 1 session per day.



ANKLE / FOOT - 10  
Single-Leg Toe Curling

With foot resting on towel,  
slowly bunch up towel by  
curling toes.

Repeat 10 times.  
Do 1 session per day.



Locations: Worcester – Gold Start Blv. 508-856-9510, 640 Lincoln St. 508-854-2426, Worcester Medical Center 508- 368-3143

■ Westboro 508-871-0789 ■ Leominster 978-840-1900 ■ Auburn 508-721-1101

**Disclaimer: If you experience pain or worsening of symptoms call doctors office and stop doing your exercises.**

Internet Access: [www.reliantmedicalgroup.org](http://www.reliantmedicalgroup.org) Click on Medical Services, Specialty Care, Rehabilitation, Informative Exercise Sheets