

Exercise Prescription: Repeated Ankle Inversion

Purpose of Exercise:

This is a self-treatment for ankle stiffness and can be used as one of the exercises to prevent ankle stiffness/pain from recurring once you have achieved full recovery.

Frequency:

3-4 times per day or about once every 3-4 hours.

Starting Position:

Sit in a comfortable position with the feet flat on the ground as shown.

Exercise Description:

From the starting position, slowly roll the foot out as shown. Move as far as possible, to the edge of pain or within the limits of stiffness. If this motion is painful, the pain should decrease gradually with each repetition.

Hold this position for 2-3 seconds, then return back into the starting position. Repeat this movement 10-12 times per session.

Remember that some minor new pains are normal and expected but should decrease with each subsequent repetition. If the pain becomes worse with each repetition, discontinue the exercise.

Pictures:

