

HOME EXERCISE PROGRAM

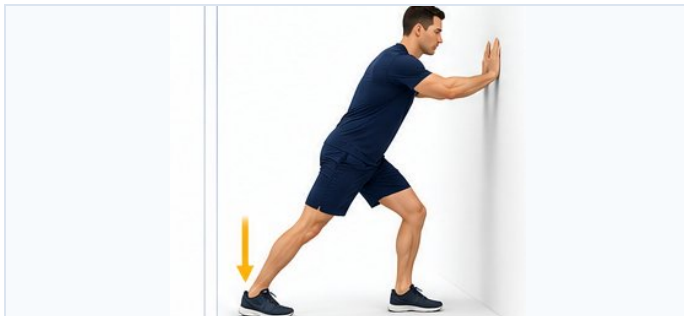
Foot & Ankle Home Exercise Program

A complete conditioning program — flexibility, strength, and balance

This program restores flexibility, strength, and balance to the foot and ankle — the progression used in physical therapy after sprains, fractures, and tendon problems. Warm up for 5–10 minutes first. Stretch before and after the strengthening work, and progress the balance exercises as you feel steadier.

FLEXIBILITY

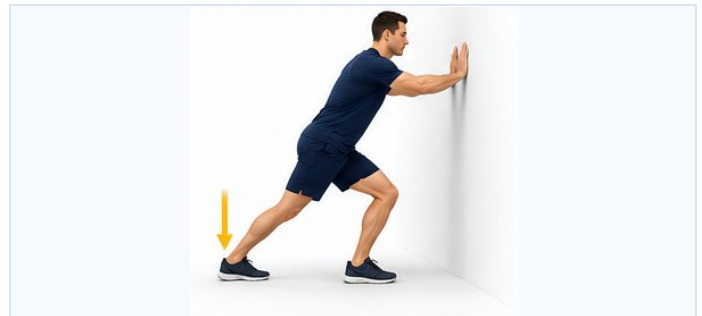
Do these daily. Hold each stretch steady without bouncing.



Heel Cord Stretch — Knee Straight

2 sets × 30-sec holds, daily

Face a wall with the affected leg straight behind you and the heel flat. Press your hips toward the wall until you feel a stretch in the upper calf.



Heel Cord Stretch — Knee Bent

2 sets × 30-sec holds, daily

Same position as above, but slightly bend the back knee while keeping the heel down. This targets the deeper (soleus) calf muscle near the Achilles.



Towel Stretch

2 sets × 30-sec holds, daily

Sit with the leg straight. Loop a towel around the ball of the foot and gently pull it toward you until you feel a stretch in the calf and arch. Excellent first thing in the morning.

STRENGTHENING

Do these most days. Move slowly and keep the ankle controlled.



Ankle Alphabet (Range of Motion)

2 times through, daily

With the leg supported and foot in the air, slowly "write" each letter of the alphabet with your big toe. This moves the ankle through its full range.



Calf Raises

2–3 sets × 10, most days

Hold a chair and rise onto the balls of both feet as high as comfortable. Lower slowly. Progress toward one leg as you get stronger.



Band Dorsiflexion

3 sets × 10, 3 days/week

With a band around the top of the foot and anchored in front, pull your toes up and toward you against the resistance, then return slowly.



Band Eversion

3 sets × 15, 3 days/week

With a band looped around the forefoot and anchored to the opposite side, turn the sole of the foot outward against the band, then return slowly.



Towel / Toe Curls

20 reps, daily

Sit with the foot flat on a towel. Use your toes to scrunch and pull the towel toward you. Marbles picked up with the toes work well too.



Golf Ball Roll

2 minutes, daily

Seated, roll a golf ball or frozen water bottle under the arch of your foot. Especially helpful for plantar fasciitis and arch soreness.

BALANCE & RETURN TO ACTIVITY

Retrain the ankle to react and protect itself. Progress as you feel steadier.



Single-Leg Balance

3–5 reps × 30-sec holds, most days

Stand on the affected leg near a counter for safety. Hold your balance for 30 seconds. Progress by closing your eyes or standing on a pillow or cushion.

Stop and call the office at (513) 354-3700 if any exercise causes sharp pain, new swelling, numbness, or symptoms that worsen into the next day. This general program is patient education and does not replace an individualized plan from Dr. Pettit or your physical therapist. If you are recovering from surgery, follow your specific post-operative protocol first.



SCAN FOR THE LATEST VERSION ONLINE

robertpettitmd.com/exercise-programs/ankle.html

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