

The ankle workout

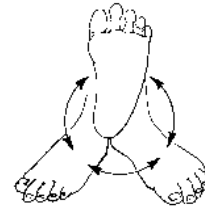
This list will help you help your child build up their ankle strength, movement and balance. Follow your therapist's directions to be sure your child gets the most from these exercises.

Check all that is needed:

☐ Ankle circles

Your child moves the ankle around slowly in a large circle.
Repeat in the other direction.

- Do _____ sets of _____ times each.
- Do _____ times each day.



☐ Ankle alphabet

Your child moves the ankle around slowly as if tracing the letters of the alphabet.

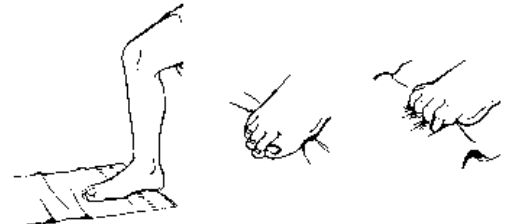
- Trace letters _____ through _____.
- Do _____ times each day.



☐ Towel scrunch (toe flexion/plantar arch)

Your child's foot is flat on the floor with toes on the edge of an unfolded towel. Keeping heel on the floor, the toes "scrunch up" the towel.

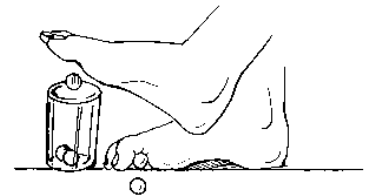
- Scrunch the toes _____ times.
- Do _____ times each day.



☐ Marble pick-up (toe flexion/plantar arch)

Your child's foot is flat on the floor. Using the toes, your child picks up 1 marble at a time and puts it in a plastic cup.

- Pick up _____ marbles.
- Do _____ times each day.

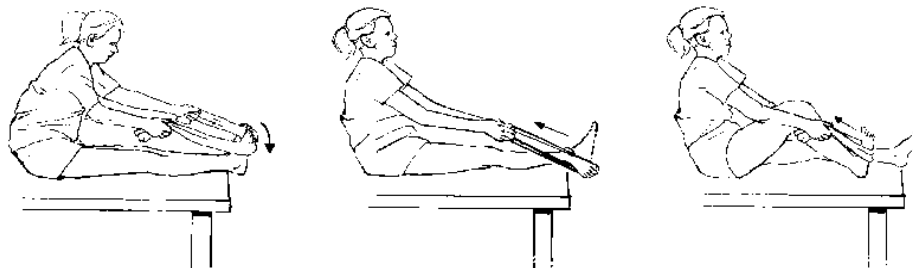


In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

The ankle workout, continued

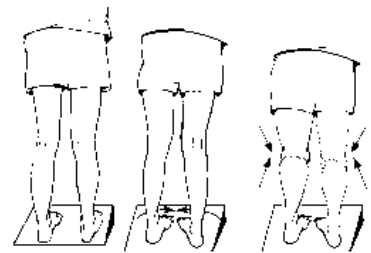
❑ Towel stretches

1. Have your child loop a towel around the foot and pull back to get a good stretch.
 - Hold it for _____ seconds.
 - Then relax for _____ seconds.
2. Pull the towel so that the foot turns to 1 side.
 - Hold it for _____ seconds.
 - Then pull the towel to turn the foot to the other side. Hold it for _____ seconds.
3. Bend leg at a 90 degree angle and loop towel around the front of foot, just under the toes. Keeping leg bent, pull the foot back.
 - Hold it for _____ seconds, and relax for _____ seconds.
 - Do _____ sets of _____ times each.
 - Do this exercise _____ times each day.



❑ Slantboard stretch

Your child stands leaning forward with heels on the slantboard. Turn the toes in, and lean forward. Then stand with knees bent and heels down. Keep knees bent and toes pointing in while holding heels down on the slantboard.

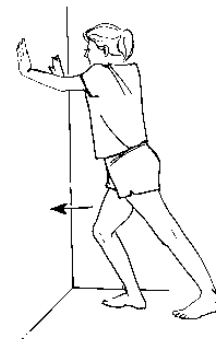


❑ Heel-cord stretch (dorsiflexion)

Standing a few feet in front of a wall – your child leans into the wall, holding on with the hands. Keep the back leg straight and the heel flat on the floor. Bend the arms so the body pushes toward the wall.

Do the same exercise, but bend the back leg slightly. Keep heel on the floor. This will stretch the back of the heel.

- Hold it for _____ seconds.
- Repeat _____ times.



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The ankle workout, continued

❑ Plantar flex with elastic tubing

Place elastic tubing around your child's foot as shown. Have them slowly push the toes away from the body.

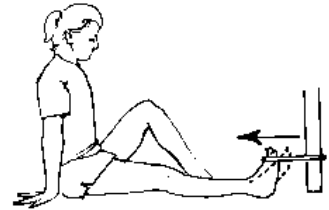
- Hold for ____ seconds.
- Repeat ____ times.



❑ Dorsiflexion with elastic tubing

Tie 1 end of tubing to a solid object and the other end to your child's foot as shown. Have them slowly pull the foot up toward themselves.

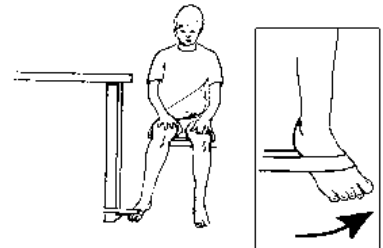
- Hold it for ____ seconds.
- Repeat ____ times.
- Do ____ times each day.



❑ Ankle inversion with elastic tubing

With your child sitting in a chair in front of a table, connect elastic tubing to a table leg as shown. Without moving the hip or knee, your child turns the bottom of the foot in toward the body.

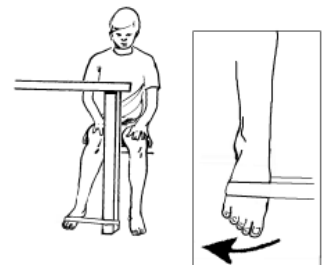
- Hold it for ____ seconds.
- Repeat ____ times.
- Do ____ times each day.



❑ Ankle eversion with elastic tubing

With your child sitting in a chair in front of a table, connect elastic tubing to a table leg as shown. Without moving the hip or knee, tip the bottom of foot out and away from the body.

- Hold it for ____ seconds.
- Repeat ____ times.
- Do ____ times each day.



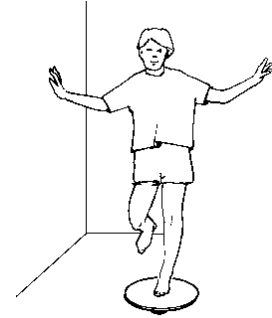
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The ankle workout, continued

☐ Ankle-balance disc

Your child stands on a sofa cushion on the floor. Stand with the weak foot on the cushion and 1 hand on the wall as shown. Practice balancing. As it gets easier, remove the hand from the wall. Do this with eyes open.

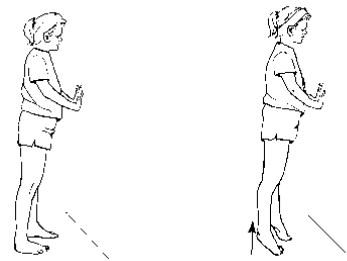
- Repeat _____ times or for _____ minutes.
- Do _____ times each day.



☐ Toe raises (plantar flexion)

Your child stands facing a wall with feet 12 inches apart. With hands on the wall, they lift the whole body weight onto the tip-toes of both feet.

- Hold it for _____ seconds.
- Do _____ sets of _____ times each.
- Do _____ times each day.



☐ Ice

Put ice bag on for 20 minutes after exercise.

We are here to help!

- If you have any questions about your child's exercises, please call us. We want your child to succeed. We are here to help.
- There is a lot to remember. It gets easier – for everyone – with practice!

Therapist Date Time

Phone number

This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.

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