

HSS

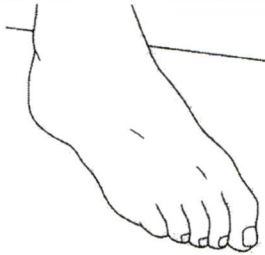
Personal exercise program

Ankle ORIF 2 Week HEP

Hospital for Special Surgery

Sports Rehabilitation and Performance Center

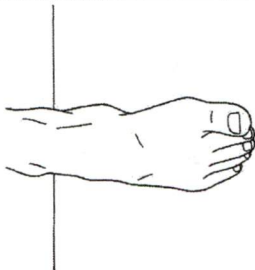
535 East 70th Street, Belaire Building, Ground Floor, 10021, New York, New York, United States



Toe Curls

Curl your toes as best as you can. Hold for 3 seconds.
Extend your toes as best as you can. Hold for 3 seconds.
Repeat 20-30 times.
2-3x/day

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Ankle Inversion/Eversion

Turn foot in towards your big toe and then out towards your little toe.

Do not move the leg.

20-30 repetitions, 2-3 times per day

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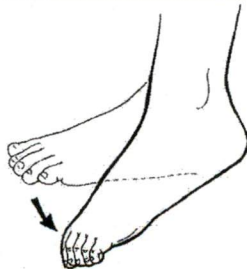


Ankle Plantarflexion/Dorsiflexion

Pointing ankle and toes away from your body as far as possible, then flex up as far as you can

20 repetitions, 2-3 times per day

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Ankle Plantarflexion/Dorsiflexion AROM (Achilles Repair)

Knee bend to 90 degrees (foot off the table sitting)

Push the foot down and then slowly flex up to neutral (foot parallel to the ground)

30 repetitions

3x/day

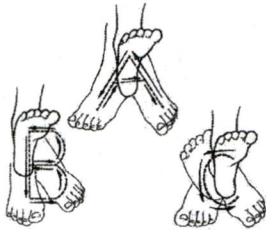
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Ankle Rotations

1. Move your ankle around slowly in a large circle
2. Repeat in the opposite direction
3. 20-30 repetitions, 2-3 times per day



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Ankle Alphabet

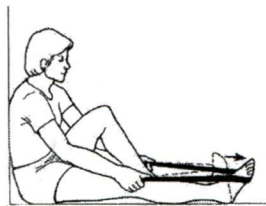
1. Move your ankle around slowly as if tracing the letters of the alphabet
2. Repeat for letters A through Z, Perform twice.
3. Repeat 2-3 times per day



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Calf Stretch

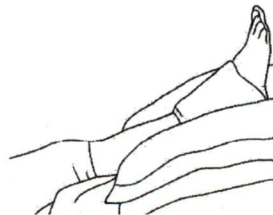
1. Sit on floor with towel or strap around foot as shown
2. Pull top of foot toward your body so that you feel a stretch
3. Hold 20 seconds
4. 3-5 repetitions
5. 2-3x/day



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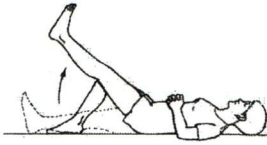
Ankle Plantarflexion with Band

1. Place elastic tubing around foot as shown and pull towards you.
2. Push toes slowly away from your body and then slowly back up.
3. 10 repetitions, 3 sets, 2-3x/day



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ICE AT LEAST 3 TIMES/DAY WITH LEG ELEVATED ABOVE HEART.



Straight Leg Raises

1. Lie on back with knee straight and the other knee bent as shown
2. Keep the leg completely straight, then raise it up to the other knee, slowly lower.
3. 10 repetitions, 3 sets, 1x/day.

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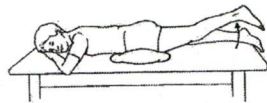


Sidelying Hip Abduction

1. Lie on side with straight leg on top, lower leg bent, abdominals engaged.
2. Lift the top leg straight up and then Slowly Lower
3. 10 repetitions, 2-3 sets. 1/day

*Do not crunch at your waist.

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Prone Hip Extension

1. Lie on belly with pillow positioned as shown, **abdominals engaged**, hips planted into the table.
2. Raise straight leg off floor a couple inches, then Slowly lower.
3. 10 repetitions, 3 sets, 1x/day

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