

Chronic Ankle Laxity: Exercises

Introduction

Here are some examples of exercises for you to try. The exercises may be suggested for a condition or for rehabilitation. Start each exercise slowly. Ease off the exercises if you start to have pain.

You will be told when to start these exercises and which ones will work best for you.

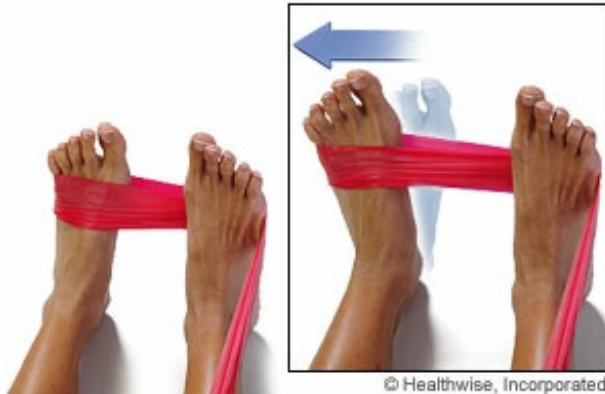
How to do the exercises

Resisted ankle inversion



1. Sit on the floor with your good leg crossed over your other leg.
2. Hold both ends of an exercise band and loop the band around the inside of your affected foot. Then press your other foot against the band.
3. Keeping your legs crossed, slowly push your affected foot against the band so that foot moves away from your other foot. Then slowly relax.
4. Repeat 8 to 12 times.

Resisted ankle eversion



1. Sit on the floor with your legs straight.
2. Hold both ends of an exercise band and loop the band around the outside of your affected foot. Then press your other foot against the band.
3. Keeping your leg straight, slowly push your affected foot outward against the band and away from your other foot without letting your leg rotate. Then slowly relax.
4. Repeat 8 to 12 times.

Resisted ankle dorsiflexion



1. Tie the ends of an exercise band together to form a loop. Attach one end of the loop to a secure object or shut a door on it to hold it in place. (Or you can have someone hold one end of the loop to provide resistance.)
2. While sitting on the floor or in a chair, loop the other end of the band over the top of your affected foot.
3. Keeping your knee and leg straight, slowly flex your foot to pull back on the exercise band, and then slowly relax.
4. Repeat 8 to 12 times.

Single-leg balance



1. Stand on a flat surface with your arms stretched out to your sides like you are making the letter "T." Then lift your good leg off the floor, bending it at the knee. If you are not steady on your feet, use one hand to hold on to a chair, counter, or wall.
2. Standing on the leg with your affected ankle, keep that knee straight. Try to balance on that leg for up to 30 seconds. Then rest for up to 10 seconds.
3. Repeat 6 to 8 times.
4. When you can balance on your affected leg for 30 seconds with your eyes open, try to balance on it with your eyes closed.
5. When you can do this exercise with your eyes closed for 30 seconds and with ease and no pain, try standing on a pillow or piece of foam, and repeat steps 1 through 4.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

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