

[EXTERNAL] Your Physical Therapy Home Exercise Program

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Here's your Home Exercise Program from Kate Skoczyn, AT, ATC

Ankle 4-Way with Resistive Band



2 Eversion -

With your legs out in front of you, place a roll just under your ankle so your heel can move freely. Wrap a resistive band around the ball of your foot with the knot on the inside, and then anchor it around the other foot.

Keeping the leg straight, and only moving at the ankle, pull outward with your foot, and control it back in.

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Inversion -

With your legs out in front of you, cross the leg of the ankle to want to exercise over the other leg. Put the band around the ball of your foot with the knot on the outside, and anchor the other end around the other foot.

Keeping the leg straight, and only moving at the ankle, pull outward away from the other foot, and control it back in.

Plantarflexion -

With your legs out in front of you, place a roll just under your ankle so your heel can move freely.

Trying to keep your leg straight, push your foot down like you are pushing on a pedal, and then back up.

Dorsiflexion -

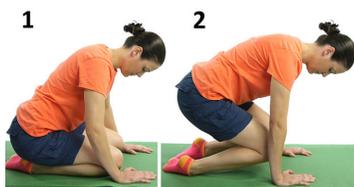
With your legs out in front of you, place a roll just under your ankle so your heel can move freely. Place a resistive band around the top part of your foot, and anchor the band around something in front of your foot.

Keeping your leg straight, pull your toes up towards your head. Control the band back down.

Reps: 10 | Sets: 3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: once daily

Video: hepbuilder.com/v.php?y=c2FOX7ouFiw

Anterior Tibialis Stretch Kneeling



1 Start off sitting on your feet in a kneeling position with your toenails on the floor and your feet slightly inward. Place your hands on the floor and push upwards with your weight on the top of your feet. Hold the stretch.



2
Reps: 2-3 | Sets: 1-2 | Which Side: Both | Hold Time: 30 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=Ly-TSnPU8vU

Bridging



1 Lie on your back with your knees propped up and your feet flat on the floor or bed. With your arms by your side, push your hips up off the floor or bed until you make a straight line with your body, and then slowly come back down.



2
Reps: 10 | Sets: 3 | Hold Time: 5 seconds | How Often: 1 time per day

Video: hepbuilder.com/v.php?y=8CMrEkhtlw

Clamshell in Sidelying



1 Lie on your side with your knees bent forward where your heels are aligned with your body. Keeping your body perpendicular with the floor or bed, and not rotating your hips, lift the top knee towards the ceiling, keeping your feet together. Slowly come back down.



2
Reps: 10 | Sets: 3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 1 time per day

Video: hepbuilder.com/v.php?y=Gj_gwbQCMr8

Hip Abduction in Sidelying



1 Lie on your side with the leg you want to exercise on top. The bottom leg can be slightly bent. Keeping your hips perpendicular to the ground and your body in a straight line. Pull your toes up towards you to lock out your knee. Leading with your heel, lift your leg about 12 inches off the floor or bed, and slowly come back down.



2
Reps: 10 | Sets: 3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 1 time per day

Video: hepbuilder.com/v.php?y=MyaMRYSoEbY

Hip Adduction in Sidelying



1 Lie on your side with the leg you want to exercise on the floor or bed. The top leg can be bent in front or behind the other leg. Keeping your hips perpendicular to the floor or bed and your body in a straight line, pull your toes up toward you to lock out your knee.

2 Lift your leg towards the ceiling about 4-6 inches, and slowly come back down.

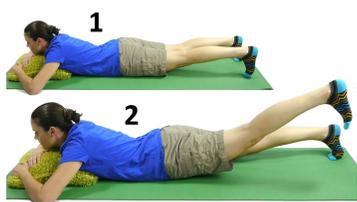
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Reps: 10 | Sets: 3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 1 time per day

Video: hepbuilder.com/v.php?y=fJOyrKGEy7Q

Hip Extension in Prone



1 Lie on your stomach, and pull your toes toward you. Keeping your knee straight, lift your leg about 4 inches off the floor or bed, and slowly come back down.

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Reps: 10 | Sets: 3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 1 time per day

Video: hepbuilder.com/v.php?y=0EAc1rBAXpQ

Quad Sets



1 Sit with your leg straight out in front of you. Place a rolled upscan for video towel under your knee.

2 Push your knee down into the towel and hold.

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Reps: 10 | Sets: 3 | Which Side: Both | Hold Time: 5 seconds | How Often: 1 time per day

Video: hepbuilder.com/v.php?y=QPuDqtYk3Xo

Single Leg Heel Raises



1 Stand next to something sturdy for balance. Stand on one leg.

2 Lift your heel rising up onto your toes. Then slowly come back down.

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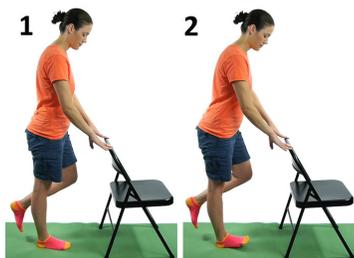


Reps: 10 | Sets: 3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 1 time per day

Video: hepbuilder.com/v.php?y=9Up6i1FlcyI

Single Leg Toe Raises

Stand next to something sturdy for balance. Stand on one leg. Lift your toes pushing back into your heel. Then slowly come back down.



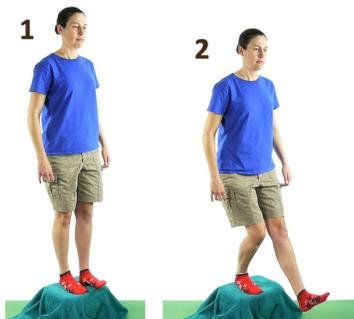
Reps: 10 | Sets: 3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 1 time per day

Video: hepbuilder.com/v.php?y=5d96GoQFtGg

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Step Downs



Stand on a step. Keeping the leg you want to work on the step, lower the other leg off the step. Control your body stepping down and back up.

Reps: 10 | Sets: 3 | Which Side: Both | Height of Step: 2-3 in. | How Often: 1 time per day

* Make sure the step is sturdy, and use a cane or rail for balance if needed.

Video: hepbuilder.com/v.php?y=CBM8AxFj8tg

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Toe Towel Crunch



Sitting in a chair, place a towel under your foot on the floor. Try to crunch up the towel with your toes.

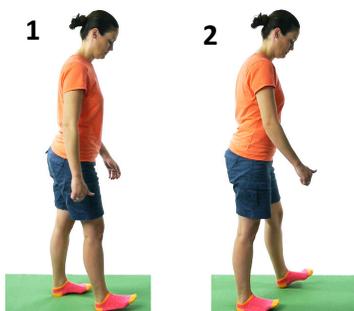
Sets: 3 | Which Side: Both | Hold Time: 3 minutes | How Often: 1 time per day

Video: hepbuilder.com/v.php?y=32EN1jXwNmo

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Walking on Heels



Put your feet about shoulder width apart and rock back on your heels lifting your toes up. Try not to stick your bottom back. Walk on your heels back and forth.

Reps: 5 | Sets: 1 | Distance: 20 feet | How Often: 1 time per day

Video: hepbuilder.com/v.php?y=ToaXazP8Lw8

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Disclaimer: These exercises were selected by your healthcare provider. To avoid injury, use caution when performing them. If you experience any pain or discomfort, stop the exercise and contact your healthcare provider.