

## WOBBLE BOARD EXERCISES FOR THE FOOT AND ANKLE

In the injured ankle, proprioceptors are affected, increasing the chance of re-injuring the leg or ankle. This is why some people once they sprain their ankle, continue to sprain it repeatedly. Using a wobble board on a regular basis can help retrain the proprioceptors and improve coordination, hence preventing further injury.



**ANKLE ROTATION  
WOBBLE BOARD  
EXERCISE**

Stand on the wobble board, feet shoulder width apart. Rotate the wobble board so that the edge of the board is in contact with the floor at all times. Again try this for 2 to 3 minutes. A progression of this exercise is to remove the chair and do the exercise without holding onto something.



**SIDE TO SIDE WOBBLE  
BOARD EXERCISE**

Stand on the wobble board, feet shoulder width apart. Hold on to a chair for support if needed and rock the board side to side. Do this for 2 to 3 minutes. A progression of this exercise is to remove the chair and do the exercise without holding onto something.



**FORWARD AND  
BACKWARD WOBBLE  
BOARD TILT**

Stand on the wobble board, feet shoulder width apart. Hold on to a chair for support if needed and rock the board forwards and backwards. Do this for 2 to 3 minutes. A progression of this exercise is to remove the chair and do the exercise without holding onto something.

## EXERCISES FOR THE SMALL MUSCLES OF THE FOOT

These exercises help strengthen your toe muscles and improve their flexibility. Place a pile of objects on the floor and use your toes to pick them up and move them to make another pile. Do 3 sets of exercises three times per day. Try doing this exercise using different objects like pencil and a piece of towel laid on the floor.



## EXERCISES FOR THE SOLE OF THE FOOT (PLANTAR FASCIA)

This exercise helps to increase the mobility and flexibility of the plantar fascia (sole) of the foot and at the same time gives relief to achy soles after a long walk. Fill a bottle with water and freeze it. Roll your foot on the bottle for 10 minutes three times per day.



## EMIRATES EUROPEAN MEDICAL CENTER

PO BOX: 214014

Villa 119, Al Thanya Street, Umm Suqeim, Dubai

Tel: 043486900 /3481166 Fax: 043481165

[info@emirateseuropean.com](mailto:info@emirateseuropean.com)

[www.chiropracticdubai.com](http://www.chiropracticdubai.com)

## ANKLE AND FOOT EXERCISES

Strong ankles are important in preventing ankle sprains, strains, and fractures. The following exercises are useful in improving the range of motion of your ankle, enhance lower leg circulation and promote good flexibility and strength of the foot ankle.



**Ankle Pump Up:** increase dorsiflexion of the ankle by pulling your foot up like you are trying to touch your toes to the front of your shin. Hold this position for 10 seconds. Repeat 3-5 times then do to the other leg.



**Ankle Pump down:** increase plantar flexion of the ankle by pointing your toes towards the floor. Hold this position for 10 seconds. Repeat 3-5 times then do to the other leg.



**Foot Inversion:** increase inversion of the foot and ankle by slowly turning your foot inwards. Hold this position for 10 seconds repeat 3-5 times then do to the other leg.



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**Foot circles and alphabet:** Encourage more flexibility and increase in range of motion of the foot and ankle by making imaginary circles and writing imaginary letters of the alphabet in air using your big toe. Hold this position for 10 seconds repeat 3-5 times then do to the other leg.

## STRETCHING EXERCISES FOR THE FOOT AND ANKLE MUSCLES



**CALF MUSCLE STRETCH:** Sit on the floor or on a bed and keep your knee straight. Loop a towel around your foot and pull the towel towards you until you start to feel a stretch in your calf muscles. Hold the position for 10 seconds repeat 3-5 times. Try to do the exercises three times per day.



**SOLEUS STRETCH:** Stand facing the wall, one shoulder length away, both legs apart and both hands on the wall. Move one foot forward. The other foot should stay back. Slightly bend the knee (on the leg that is further back) until you feel a stretch in the back of your calf. Hold that position for 10 seconds. Start out doing 3-5 sets.



**GASTROCNEMIUS STRETCH:** Stand facing the wall, one shoulder length away, both legs apart and both hands outstretched to lean against the wall. Move one foot forward. The other foot should stay back. Straighten the knee (on the leg that is further back) until you feel a stretch in the back of your calf. Hold that position for 10 seconds. Start out doing 3-5 sets.



**SHIN/TIBIALIS ANTERIOR STRETCH:** Sit on your heels, with pointed toes, slowly move your trunk backwards until you feel a stretch on the front of your lower legs. Hold that position for 10 seconds. Start out doing 3-5 sets.

## STRENGTHENING EXERCISES FOR THE FOOT AND ANKLE MUSCLES

**SINGLE HEEL RAISE:** Stand on a stable surface, hold on to a chair or wall for balance. Bend your left knee. Then lift the heel of the right leg off the ground by rising up onto your toes. Hold this position for 10 seconds. Start out doing 3-5 sets. Repeat with the other leg.



**DOUBLE HEEL RAISE:** This exercise helps to strengthen your toes and calf muscles. Stand on a stable surface. Lift your heels off the ground by rising up onto your toes. Hold the position for 10 seconds. Start out doing 3-5 sets. If you are unstable hold on to a chair or wall for balance.



**HEEL RAISES OVER A STEP:** Begin this ankle strengthening exercise standing with your heels at the edge of a step. Ensure you have something to hold onto for balance. Slowly move up onto your toes, raising your heels as high as you can. Perform 3 sets of 10 repetitions.

## STRENGTHENING EXERCISES FOR THE FOOT AND ANKLE MUSCLES USING A RESISTIVE BAND



**ANKLE DORSIFLEXORS:** Begin this ankle strengthening exercise with a resistance band around your foot as shown in the photo. Slowly move your foot and ankle up against the resistance band towards you. Hold for 10 seconds. Start out doing 3-5 sets.



**ANKLE PLANTARFLEXORS:** Begin this ankle strengthening exercise with a resistance band around your foot as shown in the photo and your foot and ankle held up towards your head. Slowly move your foot and ankle down against the resistance band as far as possible. Hold that position for 10 seconds. Start out doing 3-5 sets.



**ANKLE INVERTORS:** Begin this ankle strengthening exercise with a resistance band around your foot as shown in the photo, foot and ankle turned outwards. Slowly move your foot and ankle inwards against the resistance band as much as you can. Hold for 10 seconds, Repeat 3-5 times on each leg.



**ANKLE EVERTORS:** Begin this ankle strengthening exercise with a resistance band around your foot as shown in the photo, foot and ankle turned inwards. Slowly move your foot and ankle outwards against the resistance band as far as you can. Hold for 10 seconds, Repeat 3-5 times on each leg.