

# Burn Care Exercise Program

## Ankle Active Assisted Range of Motion

### Instructions

- ✓ Do these exercises at least 4 times a day.
- ✓ Repeat each exercise 8 to 10 times on each side.
- ✓ Hold each stretch for 20 to 30 seconds.

### Ankle dorsiflexion

You should feel a stretch in the back of your calf.

1. Place a towel around the ball of your foot with your knee straight.
  - › Pull your foot towards you as far as possible. You should feel a stretch in the back of your calf.
2. Place a towel around the ball of your foot, keeping your knee bent.
  - › Pull your foot towards you as far as possible.



### Ankle inversion

- Place a towel around the ball of your foot.
- Turn your foot inwards using the towel.



**What are your questions? Please ask.**

**Therapist:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

## Ankle eversion

- Place a towel around the ball of your foot.
- Turn your foot outwards using the towel.



## Ankle plantar flexion

1. Stand beside a chair and put your lower leg (shin) on the seat of the chair.
  - › Place your hand on your heel and push your heel and foot down onto the chair.
2. Kneel on the floor.
  - › Sit back on your heels, trying to get the top of your feet to touch the floor.



## Standing ankle dorsiflexion

You should feel a stretch in the calf of your affected leg.

1. Stand with your hands on a wall or back of a chair with your affected foot behind your other foot.
  - › Keep your affected leg straight with your heel on the floor.
  - › Bend your front leg, and lean towards the wall or chair.
2. Stand with your hands on a wall or chair with your affected foot behind your other foot.
  - › Bend the knee of your ed leg, keeping your heel on the floor.
  - › Bend your front leg, and lean towards the wall or chair.

