

2020

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

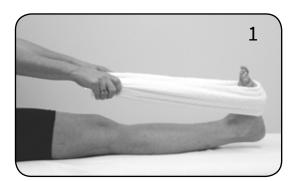
You should feel a stretch in the back of your calf.

- 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:







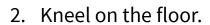
Ankle eversion

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

Ankle plantar flexion

- 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.





 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.

- 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.

