Burn Care Exercise Program
Ankle Active Assisted Range of Motion

Instructions
✓ Do these exercises at least 4 times per day.
✓ Do 8-10 repetitions on each side.
✓ Hold each stretch for 20-30 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 targeted leg.
1. Stand with your hands on a wall or back of a chair with your targeted foot behind your other foot.
   - Keep your targeted 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 targeted foot behind your other foot.
   - Bend the knee of your targeted leg, keeping your heel on the floor.
   - Bend your front leg, and lean towards the wall or chair.