Burn Care Exercise Program
Ankle Active Range of Motion

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

Ankle dorsiflexion
• Move your foot up.

Ankle plantarflexion
• Move your foot down.

What are your questions? Please ask.
Therapist: ________________________________
Phone: ________________________________
Ankle inversion
• Move your foot inwards.

Ankle eversion
• Move your foot outwards.

Ankle circles
• Make a circle with your foot in each direction.