

# Burn Care Exercise Program

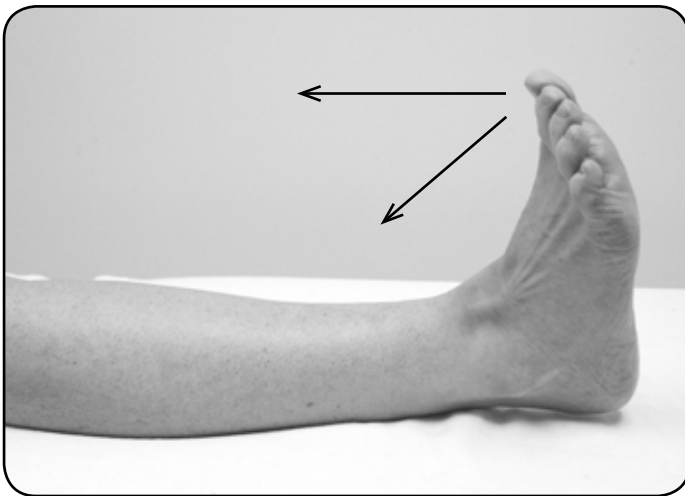
## Ankle Active Range of Motion

### 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.

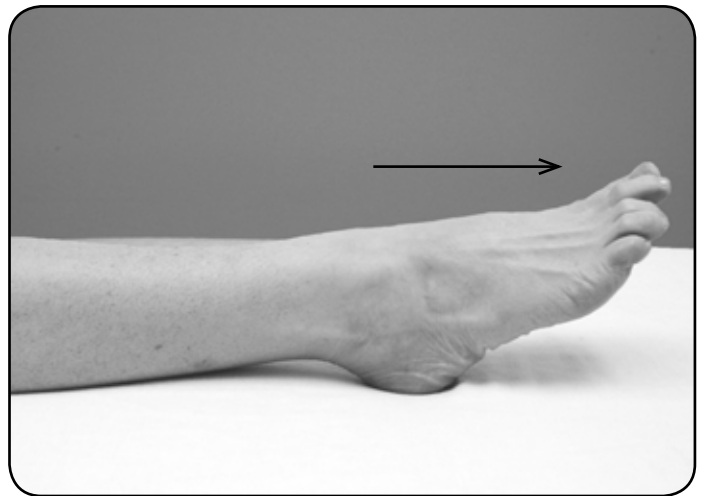
#### Ankle dorsiflexion

- Move your foot up.



#### Ankle plantarflexion

- Move your foot down.



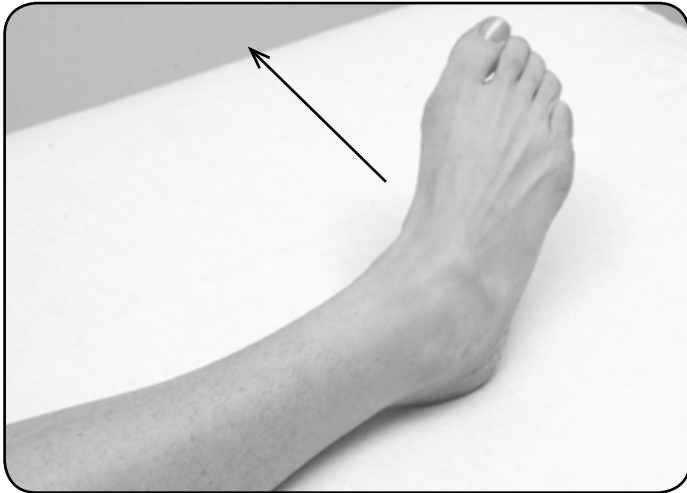
What are your questions? Please ask.

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

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

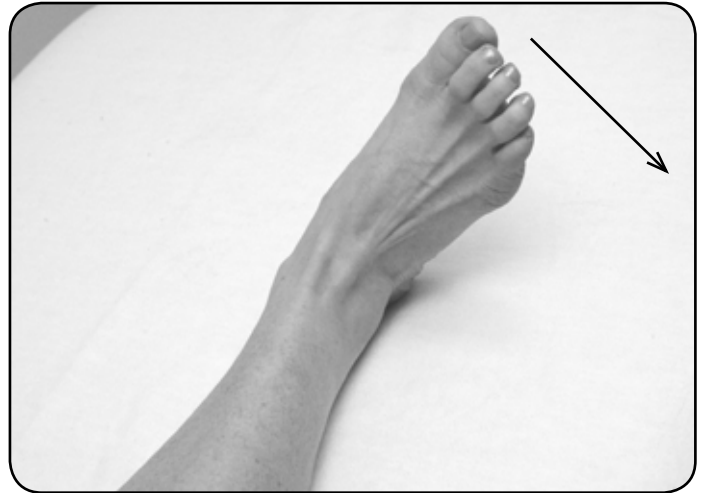
## Ankle inversion

- Move your foot inwards.



## Ankle eversion

- Move your foot outwards.



## Ankle circles

- Make a circle with your foot in each direction.



*Prepared by: Rehabilitation Services  
Designed by: NSHA Library Services*