Ankle Strengthening Handout

GUIDELINES FOR HOME EXERCISE

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Please consult with your fitness professional before performing these exercises

**Frequency**
- 2-3 non-consecutive days per week
- 1-2 sets

**Intensity**
- Rated Perceived Exertion (RPE) 12-14 (somewhat hard)
- 10-15 repetitions
- Rest 60 seconds between each set

**Key Aspects:**
- Use slow, controlled movements
- Exhale on exertion
- Avoid straining
- Stop training if you have any joint pain during the movement
- Minimize rest between set exercises
- Burning sensation in muscles is normal

**Type**
- Resistance Bands

**Time**
- Should not interfere with cardiovascular training

**Progression**
- Increase workload when you can safely complete 15 repetitions with each set.
Ankle Eversion

• Begin this ankle strengthening exercise with a resistance band around your foot as demonstrated.
• Slowly move your foot and ankle outwards against the resistance band as far as possible and comfortable without pain.
• Complete 10-15 repetitions.

Ankle Inversion

• Begin this ankle strengthening exercise with a resistance band around your foot as demonstrated.
• Slowly move your foot and ankle inwards against the resistance band as far as possible and comfortable without pain.
• Complete 10-15 repetitions.

Heel Walks

• Begin this ankle strengthening exercise by standing upright.
• Dorsiflect your ankles and begin walking on your heels.
• Take small steps being mindful of your balance.
• Walk for 10 seconds, relax and repeat.
Ankle Plantar Flexion
- Begin this ankle strengthening exercise with a resistance band around your foot as demonstrated.
- Slowly move your foot and ankle outward and away from your knee against the resistance band as far as possible and comfortable without pain.
- Complete 10-15 repetitions.

Ankle Dorsiflexion
- Begin this ankle strengthening exercise with a resistance band around your foot as demonstrated.
- Slowly move your foot and ankle inward and away from your knee against the resistance band as far as possible and comfortable without pain.
- Complete 10-15 repetitions.

Reference