



Essex-Union Podiatry LLP

Dedicated to Foot and Ankle Health

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Exercise for Ankle Injury

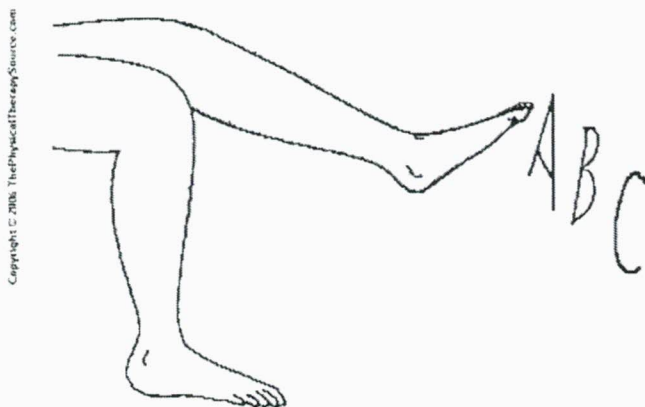
An ankle sprain is one of the most common sports injuries. An ankle sprain occurs when the ligaments surrounding the ankle joint are stretched or torn as the ankle joint and the foot is turned, twisted or forced beyond its normal range of motion. The most common cause of an ankle sprain in athletes is a missed step or a missed landing from a jump or fall. Ankle sprains vary in severity and are classified by the degree of severity.

- Grade 1- Stretch and/or minor tear of the ligament without laxity (instability)
- Grade 2- Tear of ligament plus some laxity (instability)
- Grade 3- Complete tear of the affected ligament with laxity (very unstable)
- Grade 4- Usually includes a fracture of the fibula bone.

After your injury has healed the following exercises are helpful in rehabilitating and preventing future injury to your ankle.

“ABC’S”

With your leg extended, try to write the entire alphabet in the air with your toes. Repeat 2x daily



Sit in a chair with your knee bent over the edge of the chair. By moving your ankle, write the alphabet in the air.

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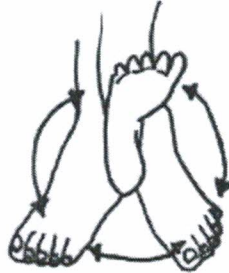
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Toe Circles

Move your ankle through its entire range of motion (up and down, in and out, and in circles.) Do 30 circles twice daily.



Balance in the Doorway

Stand in a doorway and lift the good foot off the ground. Make sure you are able to touch both sides of the door jam. Close your eyes and attempt to maintain your balance to a count of 30. Put the good foot back down. Take a short break and repeat 5 more times. Do this twice a day.

