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## **Ankle Protocol**

### **ROM:**

1. Heel Cord Stretch
  - Place your foot against the leg of the beam so that your ankle is bent upward.
  - Grab onto the beam and pull yourself forward.
  - Do this with your knee straight and with your knee bent.
  
2. Heel Cord Stretch with your knee bent:
  - Face a wall in a half-kneeling position with the knee that is “up” in front.
  - Keeping your heel down move your knee as close as you can toward the wall, stretching the back of your calf.
  
3. Stretch for the front of your foot:
  - Kneel on the floor and place the sock with tennis balls in it under your foot just below your toes.
  - Gently push down on your heel to stretch the front of your foot.
  
4. Draw the alphabet with your foot.

### **Weight Bearing Strength:**

5. Graduated Heel Raises:
  - Stand with your toes on a stair or beam. Your heel should be down as far as is comfortable.
  - Raise your foot up until it is even with the beam. Hold 5 second. Now raise a few more inches and hold 5 seconds.
  - Raise as high up as you can and hold 5 seconds.
  - Now do the same thing in three stages as you lower back to the starting position.
  
6. Stand on one leg on the porcupine ball and throw a ball back and forth with your friend or against the wall.
  
7. In standing lift your toes and the front of your foot upward at least 30 times.

8. BAPS Board: Use Yellow BAPS board in the weight room. Slightly bend your knee. Without using your hips or trunk, circle the disc with your ankle 10 times in each direction, making sure all edges of the board hit connect with the ground as you rotate.
9. Walk across the room on your toes.
10. Walk across the room on your heels.

#### Theraband Exercises:

11. Tie a theraband around your two feet near the ball of your foot. Keeping your knees and heels together push the front of your feet out to the side.
12. Place a theraband around the top of your foot and tie the other end to a stable surface. Pull foot upward toward you body.
13. Place theraband under the ball of your foot and hold the other end in your hands. Push the theraband downward, pointing your toe.
14. Place the theraband on the inside of your foot and fix the opposite end to a stable surface. (Beam, bottom of bars, etc.) Move your foot inward toward your opposite leg.

#### Jumping Exercises:

15. Two-legged jump
  - Stand in front of a mirror and watch the angle of your knees and ankles.
  - Squat as low as you can while maintaining a straight line between your knees and ankles.
  - Jump upward as high as possible.
  - Watch knees and ankles as you land and try to control knee and ankle position in a straight line.
16. One-legged jump.
  - Do the same as above but with one leg.