

## Ankle Care

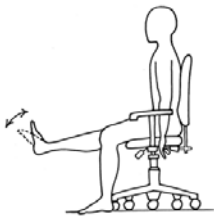
The ankle joint is one of the major weight bearing structures in the body. As a result of this function and partly due to its structure, the ankle is the most commonly injured joint. Every year, an estimated 2 million people are seen by a physician for ankle sprains, strains, and fractures. The most common ankle problems are sprains and fractures. A sprain is an injury to the ligaments. It may take a few weeks to many months to heal completely. One can also injure other parts of the ankle such as tendons, which join muscles to bone, and cartilage, which cushions the joints.

Injury to an ankle can increase the risk of re-injury to as much as 40-70%. For this reason it is important to strengthen and stretch your ankle after injury to help decrease your risk.

Rehabilitating your ankle should be done in a step wise manner. Starting with non-weight bearing exercises, moving to resisted exercises, and then weight bearing activities is the usual step wise progression of an effective rehabilitation program

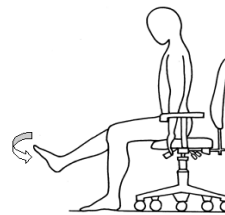
### **Ankle Exercises - Strengthen Your Feet and Ankles**

#### **Ankle Movement (Up-Down) Ankle Rotation (clock& anticlockwise)**



Breathe In when going up or down

Breath out while coming back



1. Breathe In making half circle

2. Breath Out while returning back

### **Foot Inversion and Eversion, Active**

Sit up straight with your back firmly against the back of a chair. Slowly turn your left foot inward. Hold this position for six seconds. Then turn foot very slowly outward and hold for another six seconds. Repeat this exercise six times. Repeat entire exercise with right foot

**Lotus Pose preparation:** Preliminary stretching exercise will restore elasticity to stiff knees and ankles, and will prepare you for the sitting yoga postures, such as the Perfect, Half-Lotus and Lotus



Sit with legs apart, spine straight, arms to the sides.  
Bend right leg so that foot rests on left thigh, heel close to crotch.  
Grasp right knee with right hand and right ankle with left hand.  
Gently press knee down to the floor or as far as possible without straining.  
Hold for 5 seconds, release knee, and then press down again.  
Repeat 5 times

Preliminary stretching exercise will restore elasticity to stiff knees and ankles.