



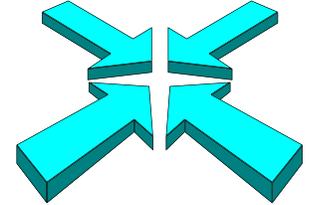
**PHYSICAL THERAPY CLINIC**  
Task Force 31 / 31 Combat Support Hospital  
Camp Dwyer, Afghanistan



**ANKLE REHAB Phase II – Perform if able to walk pain free (~14-28 days)**

**COMPRESSION WRAP:**

Be sure to apply an elastic compression wrap or neoprene compression sleeve to your ankle when you will be walking around or your leg is not elevated. The wrap may be removed when the injured ankle is elevated to allow better ice application.



**ICE MASSAGE / COLD PACK APPLICATION / ELEVATION:**

Elevate and apply an ice pack or cold pack directly to the injured side of your ankle for 20 minutes. Freeze water in a Styrofoam cup and rub onto ankle x 10 minutes. Repeat the ice application at least 2-3 times per day.

**MEDICATIONS:** Take your prescribed Non Steroidal Anti-Inflammatory Medications (NSAID's) such as Ibuprofen, as prescribed. This will help control inflammation and pain.

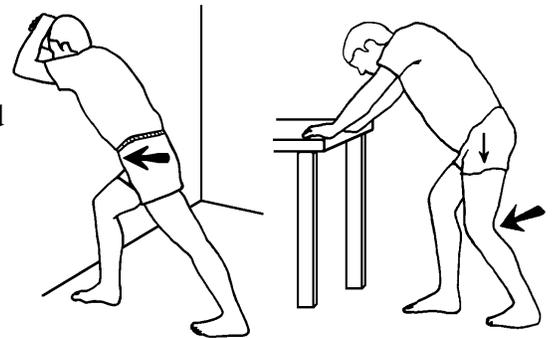
**REHABILITATION EXERCISES – Motion, Strengthening, Balance, Aerobics**

**1. ACHILLES AND SOLEUS CALF STRETCH:**

Position: Standing, lean into a wall or heavy table, foot aligned straight forward.

Exercise: Keep the heel flat on the floor. Lock the knee straight and move the hips forward until you feel a stretch in your ankle or the back of your leg. Repeat with knee partly flexed.

Hold each stretch for 20-30 seconds, relax briefly and repeat x 5.



**2. SINGLE LEG BALANCE:**

Position: Standing on injured leg with knee straight.

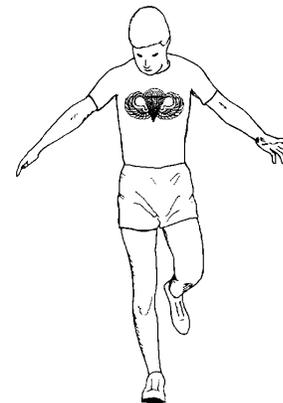
Standing on injured leg with knee slightly bent.

Exercise: Balance on injured side

Hold 30-45 seconds, rest briefly and repeat 5 times.

For added difficulty, try the following

- Bring your arms to your side
- turn your head from side to side, or look up then down
- Close your eyes



**3. HEEL RAISES:**

Position: Standing, use a wall or chair for balance if needed.

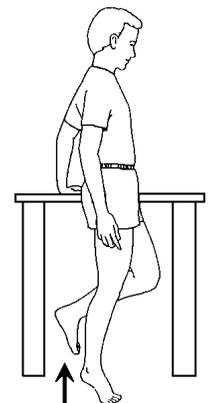
Exercise: Slowly raise up on the balls of feet / toes as far as able.

Hold five seconds, slowly return to starting position, rest briefly and repeat.

Perform 3 sets of 10-20 repetitions.

Progress to:

- Single leg heel raises (when tolerating 3x20 double heel raises).
- Holding barbells or extra weight.
- Perform on edge of step (allowing heel to drop off edge of step).



#### **4. STEAMBOATS:**

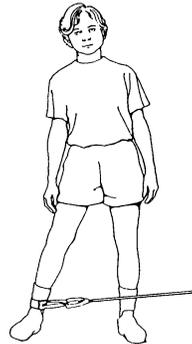
**POSITION:** Attach resistance to well leg (use rubber tubing or low pulley systems), balance on injured leg.

**EXERCISE:** Repeatedly swing leg forward at a moderate pace.

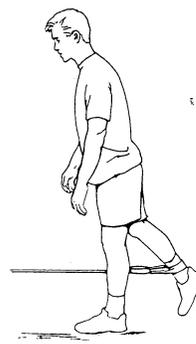
Perform exercise for 30-45 seconds in each direction, repeat 5 times.



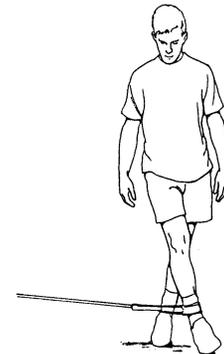
a. Hip Flexion



b. Hip Adduction



c. Hip Extension



d. Hip Adduction

#### **5. LATERAL SHUFFLE / CARIOCA**

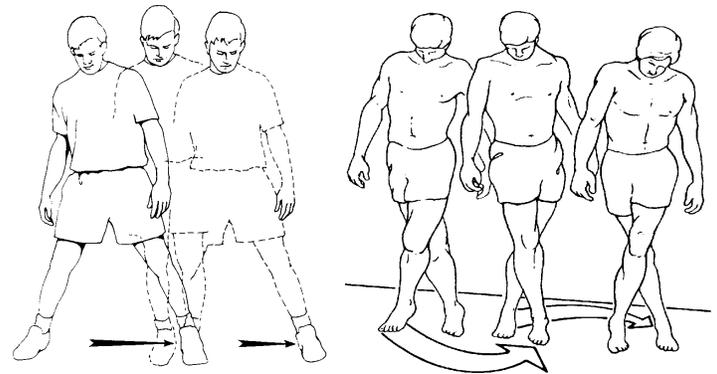
**Position:** As pictured on level ground (gym floor, even/level surfaces).

**Exercise:** Use a slow & controlled pace, shuffle in a straight line 20-30 ft.

Perform exercise in both directions completing 3 sets of 10 repetitions.

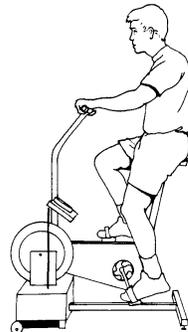
For added difficulty, try the following

- Increase your pace, bend your knees more
- Change directions more rapidly / aggressively



#### **6. ALTERNATIVE AEROBICS:**

Avoid excessive walking and lower leg work outs until you can walk without a limb. You may begin light aerobic activities with ankle wrapped that are low impact and low weight bearing. Excellent early activities include swimming and biking. .



#### **7. TREADMILL WALKING / JOGGING:**

**Position:** Standing on treadmill, safety cord attached.

**Exercise:** Build walking tolerance and endurance first.

Start on level surface, gradually add an incline

Start at 5 minutes, progress slowly up to 20 min.

Frequency: 2-3 x per week



#### **ARE YOU READY FOR PHASE III EXERCISES ??**

**YES IF YOU CAN:** Jog 5 minutes without a limp and can perform 10 Single Leg Hops.