



## Bayne-Jones Army Community Hospital

### Ankle Strengthening- 4 way Resisted Tubing

#### Purpose:

- Increase and maintain ankle joint mobility
- Initiate ankle strengthening in all motions

**Starting Position:** Seated with leg in front of you

#### Action:

1. Inversion (moving the ankle inward/toward midline):
  - a. Cross legs
  - b. Loop band around bottom of foot and drape band around bottom of other foot and up to your hands
  - c. Pull the foot upwards towards opposite shoulder, working the inner calf muscles
2. Eversion (moving the ankle away from midline):
  - a. Loop band around bottom of foot and drape band around bottom of other foot and up to your hands
  - b. Turn the foot away, feeling a pull on your outer calf muscles
3. Plantarflexion:
  - a. Loop band around bottom of foot and hold with hands at waist
  - b. Push foot away from you (like pressing the gas pedal of a car)
4. Dorsiflexion:
  - a. Loop band around chair leg (or other stationary object)
  - b. Pull foot toward you

#### Common Errors:

1. Do not let your knees roll in or out with the movement
2. Do not perform motions only with toes
3. Do not let foot move in more than one basic direction

#### Variations: Perform Variation if Box is Checked:

- Change level of resistance based on health-care provider recommendation

**Repetitions:** \_\_\_\_\_



Inversion



Eversion



Plantarflexion



Dorsiflexion

***Perfect Practice Makes Perfect Performance***