



Ankle/Foot Protocol

The following exercises are common for treatment of ankle/foot pain. A traditional physical therapy clinic will charge you and your insurance company hundreds of dollars for them. We are giving them to you for **free**. If these exercises don't provide the help you need, Performance Health + Wellness will create a custom protocol to meet your needs.

1. **Ankle Alphabet** – Write the alphabet in the air with your foot. (3 sets per side)
2. **Ankle Circles** – Rotate your ankle clockwise and counterclockwise. (3 sets of 10 reps per direction)
3. **Plantar Fascia Stretch** – Pull toes back while seated. Hold for 20-30 seconds. (3 sets per side)
4. **Towel Scrunches** – Scrunch a towel with your toes. (3 sets of 10 reps per foot)
5. **Toe Curls** – Pick up a towel using your toes. (3 sets of 10 reps per foot)
6. **Heel Walks** – Walk on your heels for 20 seconds. (3 sets)
7. **Toe Walks** – Walk on your toes for 20 seconds. (3 sets)
8. **Resistance Band Ankle Dorsiflexion** – Pull a resistance band toward you with your foot. (3 sets of 10 reps per side)
9. **Calf Raises** – Rise onto your toes and lower. (3 sets of 10 reps)
10. **Balance on One Foot** – Stand on one foot for 20 seconds. (3 sets per side)

 **Videos of exercises available [HERE](#)**

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The exercises and information provided here are for general educational purposes only and are not intended as medical advice. Always consult with a licensed healthcare provider before starting any exercise program, especially if you have any pre-existing health conditions or concerns. Only a licensed healthcare provider can diagnose medical conditions and offer appropriate treatment. Proceed with caution and prioritize your health and safety.