

Ankle Strengthening with Resistance Band (TheraBand)

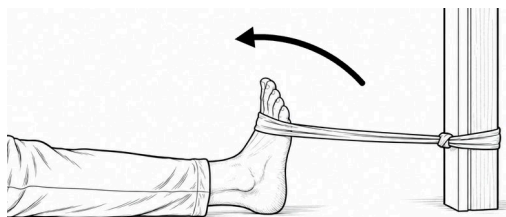
Up, down, out, in + ankle alphabet

Patient name: _____ Date: _____ Ankle: ☐ Left ☐ Right

Therapist: **Dr. Jack Engelberg, PT, DPT**

Do: 2-3 sets of 10-15 reps, 1 time(s) per day (day / week) **Band color:** _____

How: Sit with your back supported, leg straight. Slowly: 2 seconds out, 3 seconds back. Mild tiredness is OK; pain is not.



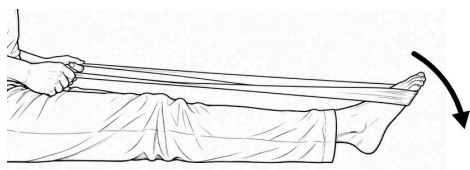
1 Resisted Dorsiflexion

Pull foot up

☐ Assigned

1. Tie the band low on a doorjamb (or table leg) **in front** of you.
2. Loop it over the **top** of your foot. Scoot back until it is snug.
3. Pull your toes up toward your face. Hold 1-2 sec, slowly return.

Key cue: Keep your knee straight and still. Only the ankle moves.



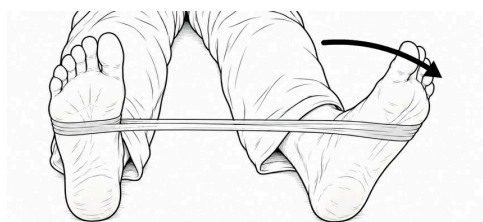
2 Resisted Plantarflexion

Press foot down

☐ Assigned

1. Loop the band around the **ball** of your foot. Hold both ends.
2. Press your foot down and away, like pressing a gas pedal.
3. Hold 1-2 sec, then slowly return.

Key cue: Keep the band snug and your knee straight.



3 Resisted Eversion

Turn foot out · picture: facing your feet

☐ Assigned

1. Loop the band around **both** feet. The other foot holds it still.
2. Turn your involved foot **out**, away from the other foot.
3. Hold 1-2 sec, then slowly return.

Key cue: Heel stays in place, knee points up. Don't roll the leg.



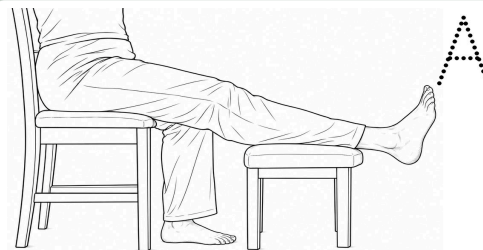
4 Resisted Inversion

Turn foot in · picture: your view looking down

☐ Assigned

1. Cross your legs with the involved ankle **underneath**.
2. Loop the band around both feet. The top foot holds it still.
3. Turn your involved foot **in**. Hold 1-2 sec, slowly return.

Key cue: Move only the ankle. Heel stays in place, knee still.



5 Ankle Alphabet

No band needed

☐ Assigned

1. Rest your calf on a stool or pillow so your heel is free.
2. Using your big toe as a "pen," trace the letters **A to Z**.
3. Make the letters as big as is comfortable. Go slowly.

Key cue: Move only the ankle, not the knee or hip.



Safety: Stop if you feel sharp pain, numbness, or new swelling, and call your therapist. Check the band for tears and tie it securely.

Notes from your therapist:
