



# Exercises for Ankle Strength

You can do these in order, mix them up, or choose your favorites to build your own program.

## 1. Calf Raises:

Stand with your feet hip-width apart, near a wall or sturdy surface for balance if needed.

Slowly lift your heels off the ground as high as you can, rising onto the balls of your feet.

Hold the raised position for a moment, then slowly lower your heels back down.

Aim for 3 sets of 12 to 15 repetitions.

## 2. Ankle Circles:

Sit on a chair or the floor with your legs extended.

Lift one foot off the ground and begin to rotate your ankle in a circular motion.

Perform 10 circles clockwise, then 10 circles counterclockwise.

Switch to the other ankle and repeat.

Aim for 2 sets on each ankle.

## 3. Resistance Band Exercises:

Sit on the floor with your legs extended. Loop one end of a resistance band around the ball of your foot and hold the other end with your hands.

Flex your foot back towards you against the resistance of the band, then point your toes away from you.

Perform 2 sets of 12 to 15 repetitions on each foot.

## 4. Toe Taps:

Sit on a chair with your feet flat on the floor.

Lift your toes up towards the ceiling while keeping your heels on the ground.

Lower your toes back down to tap the floor.

Aim for 3 sets of 12 to 15 repetitions.

## 5. Balance Exercises:

Stand on one foot near a wall or sturdy surface for support if needed.

Try to maintain your balance for 30 seconds to 1 minute.

Switch to the other foot and repeat.

As you progress, try closing your eyes or standing on a foam pad to increase the challenge.

## **6. Heel Walks and Toe Walks:**

For heel walks, walk around on your heels for 20 to 30 seconds.  
For toe walks, walk around on your tiptoes for 20 to 30 seconds.  
Repeat each exercise 2 to 3 times.

## **7. Single Leg Squats:**

Stand on one leg with the other leg lifted slightly off the ground.  
Slowly lower yourself into a squat position while keeping your knee aligned over your ankle.  
Return to the starting position.  
Aim for 2 sets of 8 to 10 repetitions on each leg.

## **8. Ankle Alphabet:**

Sit on a chair with your feet extended in front of you, hovering slightly above the ground.  
Pretend your big toe is a pen and write the alphabet in the air with your foot, moving only your ankle joint.  
Repeat with the other foot.  
Aim to complete the alphabet 1 to 2 times with each foot.

## **9. Towel Scrunches:**

Sit on a chair with your feet flat on the floor.  
Place a small towel on the ground in front of you.  
Using your toes, scrunch up the towel by gripping it with your feet.  
Release and repeat for 10-15 repetitions.  
You can also try this exercise by placing marbles on the floor and picking them up with your toes.

## **10. Single Leg Deadlifts:**

Stand on one leg with a slight bend in the knee.  
Hinge forward at the hips while keeping your back straight and extending your free leg behind you for balance.  
Lower your torso until it's parallel to the ground, then return to the starting position.  
Aim for 2 to 3 sets of 8 to 12 repetitions on each leg.

Remember to start with exercises that match your current level of strength and gradually increase the intensity as you progress. It's also essential to maintain proper form throughout each exercise to prevent injury and maximize effectiveness. If you have any existing ankle injuries or concerns, consult with a healthcare professional before starting a new exercise routine.