

Burn Care Exercise Program

Ankle Active Range of Motion

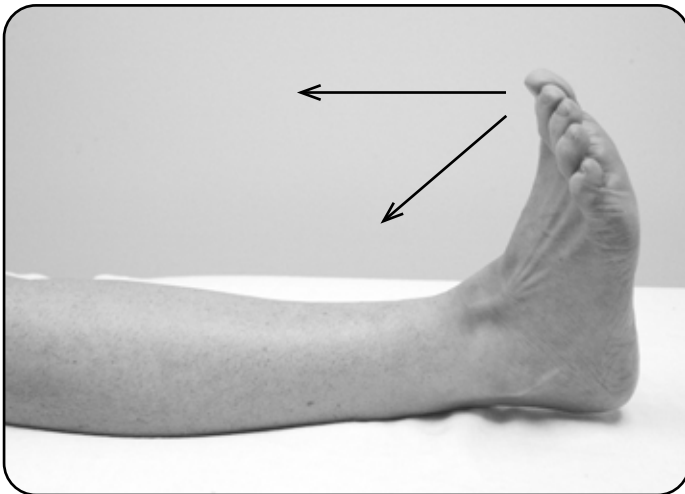
Instructions

Each exercise should take a total of 3 minutes. To help you reach this goal:

- ✓ Do these exercises at least 4 times a day.
- ✓ Repeat each exercise 8 to 10 times.
- ✓ Hold each stretch for 20 to 30 seconds at the end position.

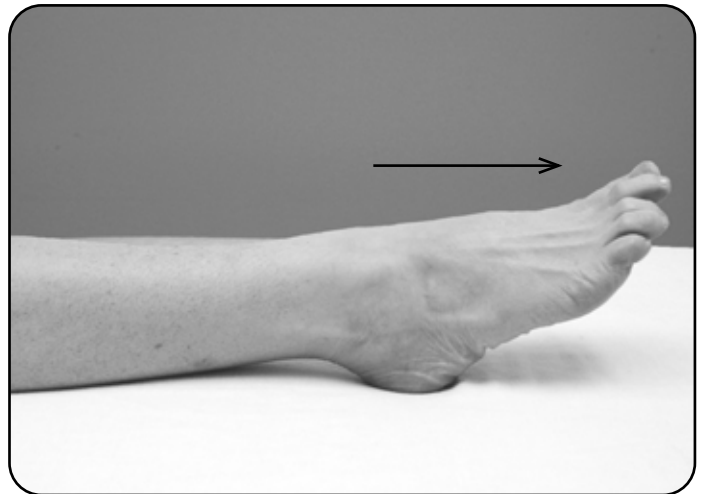
Ankle dorsiflexion

- Move your foot up.



Ankle plantarflexion

- Move your foot down.



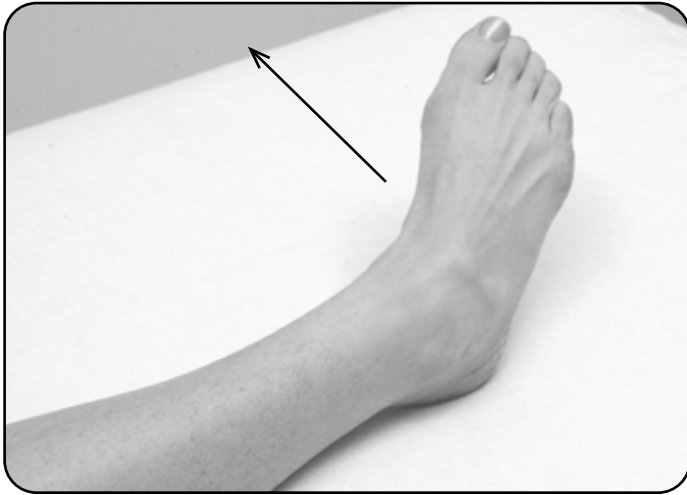
What are your questions? Please ask.

Therapist: _____

Phone: _____

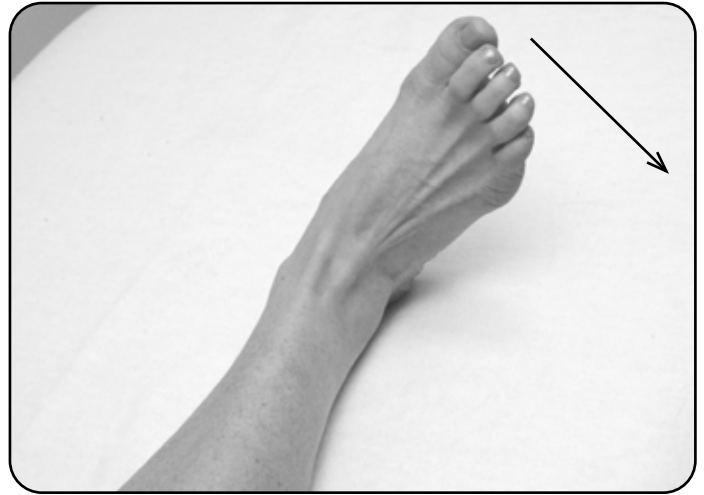
Ankle inversion

- Move your foot inwards.



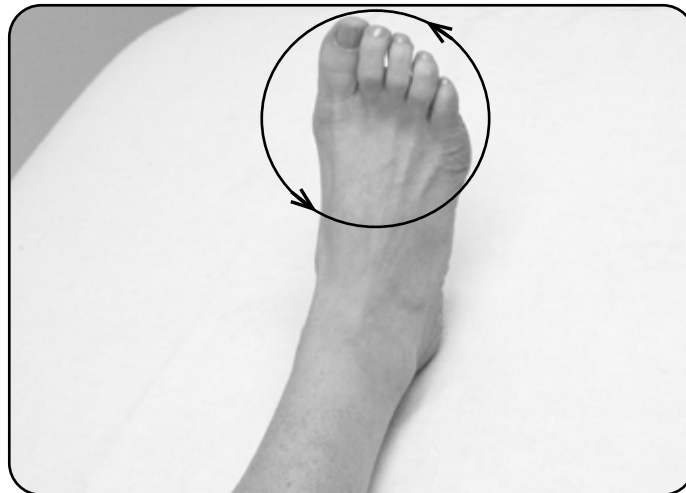
Ankle eversion

- Move your foot outwards.



Ankle circles

- Make a circle with your foot in each direction.



This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Prepared by: Rehabilitation Services

Designed by: Nova Scotia Health Library Services

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To be reviewed April 2028 or sooner, if needed.