The DonJoy TEAM Ankle Therapy Kit

Introduction:
This DonJoy TEAM ankle therapy kit is designed to help you regain normal use of your ankle.

This booklet contains a variety of simple exercises that will aid in strengthening the muscles surrounding your ankle. These exercises, when done consistently and properly, will help you rehabilitate your ankle and speed your recovery.

By diligently following this conservative home program, you and your physician can more effectively communicate about your injury and further your road to recovery.

Perform exercises slowly and carefully.

Perform exercises only as directed by your Healthcare Professional.

Consult your Health Care Professional if you experience any unusual pain or an increase in discomfort as a result of performing these exercises.

Exercises are illustrated for the Right leg as the affected leg.

WARNING: This product contains natural rubber latex which may cause allergic reactions in some individuals.
The DonJoy Ankle Therapy Kit includes:

• Adapter Strap For Door Attachment
• Foot/Ankle Strap Assembly
• 2 Resistive Bands - Blue (Easy) Black (Hard)
• Balance Sphere
1. **Calf Stretch**

Remove Shoes - Stand facing a supporting structure, wall, chair, table or counter. Position your unaffected foot slightly in front of the affected foot, similar to taking a step forward. Rest hands against wall, heel on ground, slowly lean forward. While holding onto the supporting structure, bend unaffected knee and lean towards your support until your calf is tight. Do not bounce. Hold this position for approximately 10 seconds, relax.

Perform this exercise until you feel loose.

2. **Anterior Ankle Stretch**

Remove Shoes - Stand facing a supporting structure, wall, chair, table. Position your affected foot pointed downward. Lean towards your support until the front of your ankle feels tight. Do not bounce. Hold this position for approximately 10 seconds, relax. Repeat

Perform this exercise until you feel loose.

3. **Eversion Stretch**

While seated - position knees apart, bent at 90°, roll knee outward until stretch is felt. Hold 10 seconds, relax. Repeat

Perform this exercise until you feel loose.

4. **Inversion Stretch**

While seated - position knees apart, bent at 90°, roll knee inward until stretch is felt. Hold 10 seconds, relax. Repeat

Perform this exercise until you feel loose.
5. **Partial to Full Weight Bearing with Balance Sphere**

1. Begin with partial weight bearing on affected foot.
2. Shift to full weight bearing.
3. Finish with full weight bearing balancing on affected leg only.

Stand facing a supporting structure, wall, chair, table or counter. Place your affected foot on the balance sphere. Slowly shift your weight onto the balance sphere. Lift unaffected leg and place all your weight on your affected foot and hold for 10 seconds. Relax by putting your other foot down. Repeat.

6. **Passive Dorsiflexion**

While seated on the ground with legs forward, position the ankle strap on the forefoot of your affected ankle. The hook assembly should be located on the top of your foot. Lock either of the two resistive bands into the assembly. Pull the exercise strap towards you until you feel tightness in your ankle. Hold this position for 5-10 seconds, relax.

Perform 3 sets of 25 repetitions per day - (pain free unless otherwise instructed).

7. **Dorsi/Plantarflexion with Exercise Balance Sphere – Back and Forth Motion**

Sit in a chair with your legs positioned close together or stand comfortably. Place the Balance Sphere (Flat surface up) under your affected foot. “Point” your toes down (forward) as far as possible, hold position at end of motion for 5 seconds. Then point your toes “upward” (back) as far as possible, hold position at end of motion for 5 seconds. Repeat.

Perform 3 sets of 25 repetitions per day - (pain free unless otherwise instructed).

8. **Dorsiflexion Eversion/Inversion With Balance Sphere - “Side to Side”**

Sit in a chair with your legs positioned close together or stand comfortably. Place the Balance Sphere (Flat surface up) under your affected foot. Point your foot “up” as far as possible, then roll your ankle towards you “inward”. Hold for 5 seconds, then roll your ankle away from you “outward”, again hold for 5 seconds. Repeat.

Perform 3 sets of 25 repetitions per day - (pain free unless otherwise instructed).
9. **PLANTARFLEXION EVERSION/INVERSION WITH BALANCE SPHERE - “SIDE TO SIDE”**

Sit in a chair with your legs positioned close together or stand comfortably. Place the Balance Sphere (Flat surface up) under your affected foot. Point your foot “down” as far as possible, then roll your ankle towards you “inward”. Hold for 5 seconds, then roll your ankle away from you “outward”, again hold for 5 seconds. Repeat

Perform 3 sets of 25 repetitions per day - (pain free unless otherwise instructed).

10. **CIRCLES**

Sit in a chair with your legs positioned close together or stand comfortably. Place the Balance Sphere (Flat surface up) under your affected foot. Point your foot “down” as far as possible, then roll your ankle in a circular motion. (A variation of this exercise can be forward back-then side to side motion)

Perform 3 sets of 25 repetitions per day - (pain free unless otherwise instructed).

11. **ALPHABET**

Layout down on your back - position yourself facing couch or large (open) chair - drape legs over. Raise affected leg and perform simulated alphabet tracing - concentrating on using ankle and foot motion, not knee and leg.

Trace out A-Z 3 times per day - (Pain Free)

12. **EVERSION USING RESISTIVE STRAP**

Attach the “Door Jam” adapter to the hinge side of a door frame. *Attach a resistive band to the adapter approximately 12” from the floor level. Attach the Ankle Strap to your forefoot, position the hook connector on the inside of your foot. Attach other end of resistive band to the ankle strap assembly. Sit on the floor parallel to the door. (unaffected side close to door/wall). Start with your foot turned inward, pull your foot outward and then return, repeat

Perform 3 sets of 25 repetitions per day - (pain free unless otherwise instructed). * See page 14 for door instructions.
13. Inversion Using Resistive Strap

*Attach the “Door Jam” adapter to the hinge side of a door frame. Attach a resistive cord to the adapter approximately 12” from the floor level. Attach the Ankle Strap to your forefoot - position the hook connector on the side of your foot. Attach other end of resistive cord to the ankle strap assembly. Sit on the floor parallel to the door. (affected side close to door/wall). Start with your foot turned outward, pull your foot inward and then return, repeat.

Perform 3 sets of 25 repetitions per day - (pain free unless otherwise instructed).

14. Toe Raises One Foot With Straight Leg

Stand on your affected foot with your hands maintaining balance against a wall, chair, counter or table. Keep your leg straight. Raise your toes up towards you, keep your heel firmly on the ground. Hold for 5 seconds, relax.

Perform 3 sets of 25 repetitions per day - (pain free unless otherwise instructed).

* See page 14 for door instructions.
15. Heel Raises With Straight Leg

Stand with your hands maintaining balance against a wall, chair, counter or table. Keep your legs straight. Raise up on your toes as high as possible. Hold for 5 seconds, relax.

Perform 3 sets of 25 repetitions per day - (pain free unless otherwise instructed).

16. Dorsiflexion Using Resistive Cord

*Attach the “Door Jam” adapter to the hinge side of a door frame. Attach a resistive cord to the adapter approximately 12” from the floor level. Attach the Ankle Strap to your forefoot - position the hook connector on the sole of your foot. Attach other end of resistive cord to the ankle strap assembly. While sitting facing the door, start with your foot pointed away from you. Pull your foot toward you and then return, repeat.

Perform 3 sets of 25 repetitions per day - (pain free unless otherwise instructed).

* See page 14 for door instructions.

17. Rockers Forward / Back - Side to Side

While standing - Feet shoulder-wide apart - Hands on hips bend slightly at the knees, maintain rigid upper body posture
  • Gently Rock - Forward & Back
  • Gently Rock Side to Side

Perform 3 sets of 25 repetitions per day - (pain free unless otherwise instructed).
Place the Balance Sphere (Flat Surface Down) underneath your affected foot. Stand on affected leg and balance for 10 seconds. Repeat. This is easier to perform with your shoes on - if you are unable to maintain your balance, position yourself near a support structure to aid you.
Use the adapter strap on the hinge side of the door jam. With the door ajar, push the “knobbed” end of the adapter strap through the opening, adjust for height. Close door securely. Attach the resistive band ends to the adapter strap by depressing the spring tensioned “clip.” Test for security prior to doing any exercises.
## Exercise Protocol

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