

MACOMB FOOT, ANKLE, & WOUND CARE CENTER

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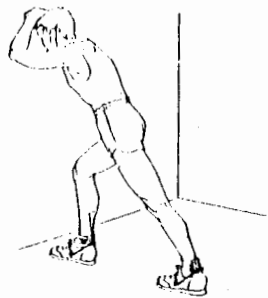
RUNNING AND WALKING

WarmUps™

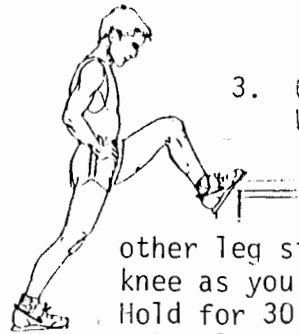


1. Increase body heat to light sweat by jogging in place, jumping jacks, etc., for 3 to 5 minutes.

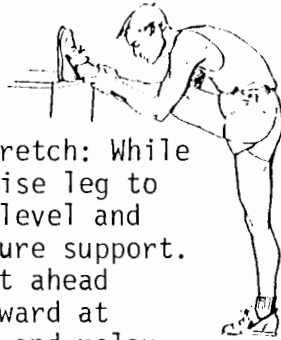
2. Calf Stretch: Stand away from solid support. Leaning on forearms rest head on hands; bend one leg with other straight behind. Slowly move hips forward, keeping lower back flat and heel on ground. Hold for 30 seconds, repeat with other leg.



3. Groin/Hip Stretch: While standing, place ball of foot on secure support: Keep other leg straight. Bend raised knee as you move hips forward. Hold for 30 seconds, repeat with other leg.



4. Hamstring Stretch: While standing, raise leg to comfortable level and place on secure support. Look straight ahead and bend forward at waist. Hold and relax, repeat with other leg.



5. Spinal Twist: Sit with left leg straight, bend right leg, cross right foot over left knee. Bend left elbow and rest it on outside of right thigh. With right hand resting behind you, slowly turn head to right and rotate upper body toward right. Hold for 15 seconds, repeat other side.

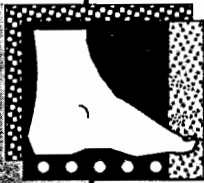


Please consult your doctor before initiating any exercise program. When doing stretching exercises, do not stretch to the point of pain and do not bounce.

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EXERCISE TREATMENT FOR ANKLE SPRAIN

Developed by Allan M. Levy, M.D.

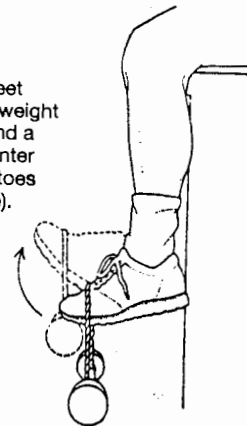
1) Alphabet Range-of-Motion

Sit in chair and cross the affected leg over the leg at knee. Using your big toe as a pointer, trace capital letters of the alphabet from A to Z. Hold big toe rigid so all motion comes from the ankle. Repeat exercise every hour while awake.



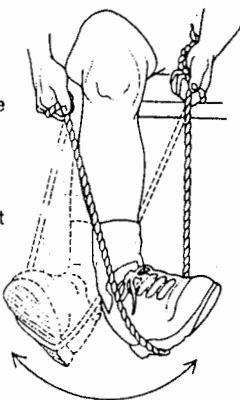
2) Ankle Lift

Take piece of rope about 1.5 feet long, and either tie a 5-pound weight to each end or loop rope around a 10-pound weight. Sit on a counter and drop rope over the top of toes (while wearing an athletic shoe). Lift the weight with your ankle as many times as possible.



3) Ankle Turn

While sitting on counter, take long rope, put it under the arch of shoe of the affected foot, and hold ends of the rope at about knee height. Turn ankle as far as it will go to the inside. Now pull on inside part of rope and turn ankle to the outside, working against resistance of the rope. When your foot is all the way out, pull on outside part of rope as you bring your foot back to inside, again working against resistance. Alternate inward and outward movements until ankle is fatigued.



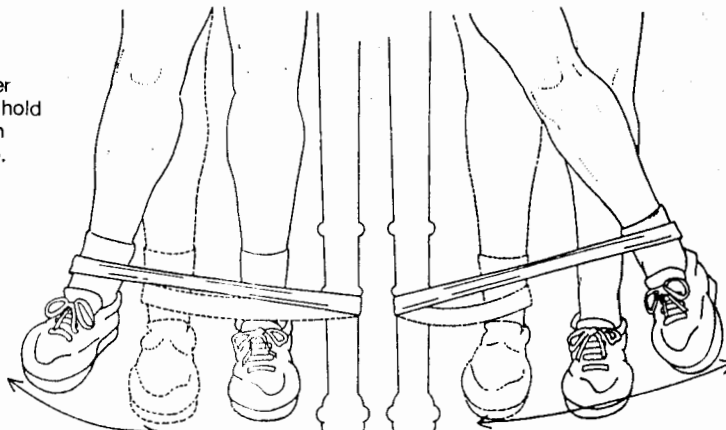
4) Toe Raise/Heel Drop

Stand with forefeet on raised surface, as if doing a backdive off of a diving board. Raise up onto your toes, then return to starting position. Next, let your weight take your heels down below the level of the surface so that the back of your calf is stretched. Hold each position for 10-15 seconds. Repeat until calf is fully fatigued.



5) Proprioception

Stand on injured ankle. Place elastic band under table leg and over uninjured ankle. Pull to side, hold and return. Continue until fatigued. Then face in opposite direction and pull across injured ankle.



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