

# Ankle Exercises

Begin ankle exercises as directed by your doctor or therapist. You may have some soreness while exercising. If you have more than mild discomfort, stop exercising. Apply ice to your ankle for 15 minutes after exercising. Do not apply the ice directly to the skin. Do the exercises 3 times a day. If your doctor put you in a boot, remove it to do the exercises. Call your doctor for an appointment to check your ankle in 7-10 days.

Do only the exercises that are checked:

**Letter Writing**

Moving only your ankle and foot, write each letter of the alphabet on the floor. Keep your leg straight. Do not bend your knee or hip. The letter will start small and get larger as your ankle motion improves.



**Ankle Pumps**

Move your foot up and down as if pushing down or letting up on a gas pedal in a car. Repeat 10 times.



# Jimicsiga Canqowga

Bilow jimicsiga canqowga sida uu kuu faray dhakhtarkaagu amase daaweeyahaagu. Waxaa laga yaabaa inaad xanuun dareento markaad jimicsanayso. Haddii aad dareento xanuun sii ridan jooji jimicsiga. Dul saar canqawga baraf ilaa 15 daqiiqo jimicsiga ka dib. Berefka toos haw saarin canqawga ee wax ka xeji jimicsiga samee 3 jeer maalintii. Haddii dhakhtarku kuu xidhay sharabaad adag, iska saar markaad jimicsiga samaynaysid. La hadal dhakhtarkaaga si aad ballan uga samaysatid 7-10 cisho gudohood.

Samee jimicsiyada calaamadsan oo kaliya:

## Warqad qoridda

Adigoo dhaqaajinaya canqowgaaga iyo cagta, waxaad ku qortaa dhulka xarfaha btj-da. Toosi lugtaada. Hasoo laabin jilibkaaga iyo misigta. Xarfaha aad qoraysaa waxay ku noqon doonaan kuwa yaryar marka hore, waxaanay waynaan doonaan markasta oo dhaqdhaqaaqa canqowgaagu sii hagaago.



## Canqaw dhaqaajinta

Kor iyo hoos u dhaqaaji cagtaada sidii oo aad riixayso ama sii deyneyso leewarka gaadhiga. Ku celceli 10 jeer.



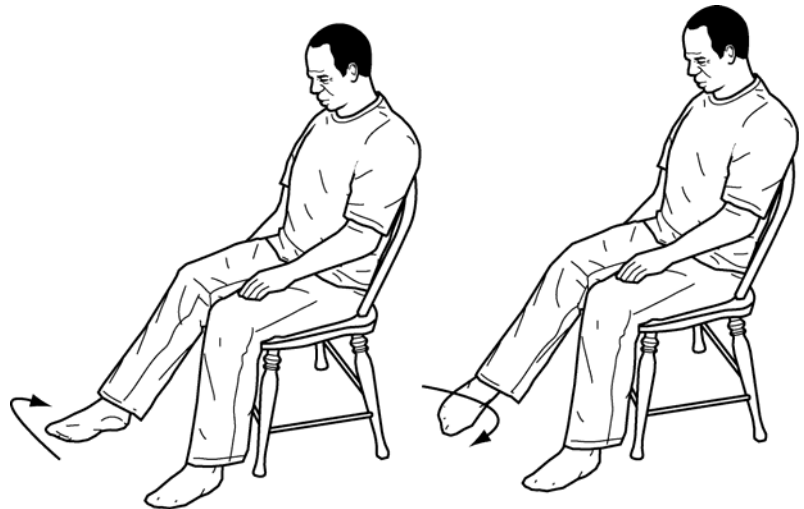
**Ankle Side to Side**

Move your foot side to side. Repeat 10 times.



**Ankle Circles**

Make circles with your foot. Go clockwise then repeat counter clockwise. Repeat 10 times.



**Ankle Stretch**

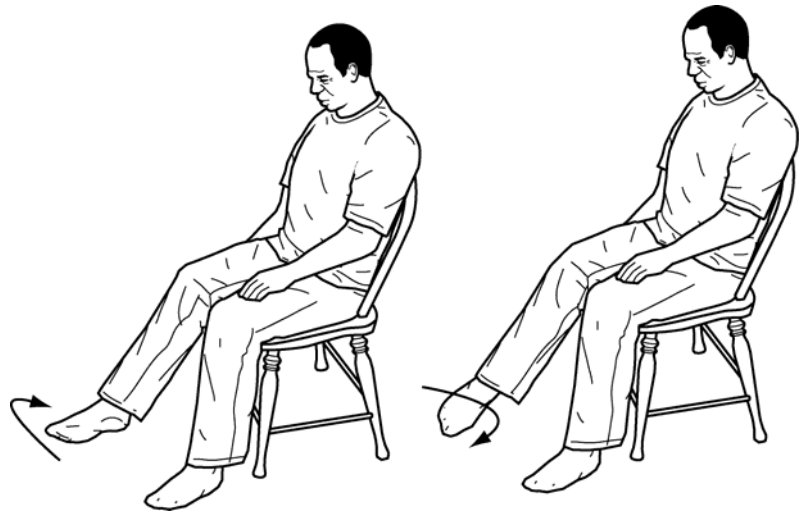
Sit with your leg out straight. Loop a towel around the ball of your foot and pull back. Pull to feel a stretch, but not pain. Release the pressure. Hold the stretch 20-25 seconds and repeat this exercise 3 times a day.



- Dhaqaajinta gees-ka-gees ee canqowga**  
U dhaqaaji lugtaada labada gees. Ku celceli 10 jeer.



- Wareejinta Canqowga**  
Ku samee goobooyin lugtaada. U dhaqaaji dhinaca saacad-wareeg haddana u celi lid saacad wareeg. Ku celceli 10 jeer.



- Kala bixinta canqowga**  
U fadhiiso adoo lugtaadu kala baxsan tahay. Kusoo lab tuwaal lugtaada oo usoo riix dhinacaaga. Haddana lugta giiji ilaa ay kala baxayso, balse aanay xanuun dareemayn. Sii daa cadaadiska. Ku hay giigsanaanta 20-25 seken oo ku celceli jimicsigan 3 jeer maalintii.



□ **Toe Curls**

Spread a towel on the floor in front of you. Sit on a chair with your foot flat on the towel. Curl your toes and gather the towel under the arch of your foot. Do not move your heel during this exercise. Repeat 10 times.



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□ **Suul maroojinta**

Ku kala bixi tuwaal oo hortaada dhig. Ku fadhiiso kursi oo lugtaada dul saar tuwaalka. Marooji farahaaga sidii wax soo qaadaya tuwaalka. Markaad jimicsigan samaynayso hadhaqaajin jilibkaaga. Ku celceli 10 jeer.



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