

Phase 2

GOOD FOR:

- Reducing ankle and foot pain
- Early ankle and foot strengthening
- Warm-up for phase 3 exercises

GUIDELINES:

- Perform 3 or 4 days a week
- Tools: resistance band, resistance loop, plyo box

Add phase 3 when you have no pain at rest and no more than mild pain (3/10) with the exercises

band inversion

Tie a loop in a resistance band and wrap it around the top part of your foot. Apply tension to the band at an angle away from your body. Turn your ankle in (inversion) without moving the rest of your leg (your kneecap should point up the entire time). Move slowly and don't let the band snap your foot back to the start position. Do 3 sets of 15 reps.



band eversion

Apply tension to the band by pulling it around your other foot with your opposite-side arm. Start with your foot turned in (inversion), then turn your ankle out (eversion) without moving the rest of your leg (your kneecap should point up the entire time). Do 3 sets of 15 reps.



kneeling dorsiflexion stretch

Kneel on the floor and get into the bottom of a split squat. Keeping your rear big toe flush with the floor, shift your weight forward so that your front ankle moves into dorsiflexion. Move as far as you can without pain. You should feel a stretch on the front of your ankle and/or the back side near your Achilles tendon. Perform 3 reps with 30- to 60-second holds. Don't stretch into pain.



double-leg calf raise

Stand with the balls of your feet on an elevated surface or step. Allow your heels to sink toward the floor. Perform slow calf raises through a full range of motion. Your heels should drop slightly lower than your toes on the down phase. Do 3 sets of 10–15 reps.



standing banded hydrant

Position a resistance loop just above your knees. Hinge forward from your hips and bend your knees slightly, keeping your shins vertical. In one motion, lift your leg out to the side (abduction) and back (extension) while rotating your foot outward (external rotation). Focus on keeping your grounded knee straight; don't let it cave inward. Do 3 sets of 10–20 reps.



lateral step-down

Stand next to a plyo box or small step. Perform a lateral step-up by placing your entire foot on the edge of the box and standing tall. Move your free leg forward slightly. Keeping that leg straight, reach your heel toward the floor by slowly sitting back and bending your grounded knee. As soon as your heel contacts the floor, straighten your knee, extend your hips, and return to the start position. Keep your knee aligned over your foot; don't let it move in or out. Do 3 sets of 10–15 reps.

lateral step-down

