

腳踝練習

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 to 10 days.

Do only the exercises 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.



依照醫生或治療師指示開始腳踝練習。練習時您可能感到些許疼痛。若不適程度超過輕度，請停止練習。練習結束後冰敷腳踝 15 分鐘。勿直接以冰塊碰觸皮膚。

一天重複 3 次練習。依醫囑著鞋者，訓練前請脫下。預約 7 至 10 天後請醫生檢查腳踝。

僅進行勾選的練習。

足部寫字

僅移動腳踝和足部，在地面寫出所有英文字母。保持腿部伸直。勿彎曲膝蓋或髖部。寫字幅度先小後大，視腳踝動作改善程度。

☐ 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.



☐ 腳踝踩動

足部上下移動，猶如開車腳踩油門。重複 10 次。

☐ Ankle Side to Side

Move your foot side to side. Repeat 10 times.



☐ 腳踝對側活動

腳從一側移動到另一側。重複 10 次。

☐ Ankle Circles

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



☐ 腳踝畫圓

用腳畫圈。先按逆時鐘方向移動，再順時鐘移動。重複 10 次。



☐ 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 to 25 seconds and repeat this exercise 3 times a day.



☐ 腳踝伸展

身體呈坐姿，腿部伸直。拿毛巾繞過腳掌，向後拉動。拉緊以感到伸展，勿造成疼痛。鬆手放開。保持伸展 20 至 25 秒，每天重複 3 次練習。

☐ 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.



☐ 腳趾彎曲

在面前地上攤開一條毛巾。坐在椅子上，腳踩毛巾。腳趾彎曲，將毛巾抓攏在足弓處。練習過程中，勿移動腳跟。重複 10 次。