

Ankle: Passive Range of Motion

Purpose: Increase ankle motion, improve circulation, and decrease swelling.

Position: Patient lying on back or sitting with knees straight.

Dorsiflexion

Action: The helper cups the heel with one hand and places the other hand on the bottom of the foot. The helper gently pushes the foot up so that the toes point toward the patient's head.

Perform _____ repetitions, _____ times per day.



Plantarflexion

Action: The helper cups the heel with one hand and places the other hand on the top of the foot. The helper gently pushes the foot down so that the toes point away from the patient's head.

Perform _____ repetitions, _____ times per day.



Inversion

Action: The helper cups the heel with one hand and places the other hand on the top of the foot. The helper gently turns the sole of the foot inward, not allowing the leg to rotate.

Perform _____ repetitions, _____ times per day.



Eversion

Action: The helper cups the heel with one hand and places the other hand on the bottom of the foot. The helper gently turns the sole of the foot outward, not allowing the leg to rotate.

Perform _____ repetitions, _____ times per day.

