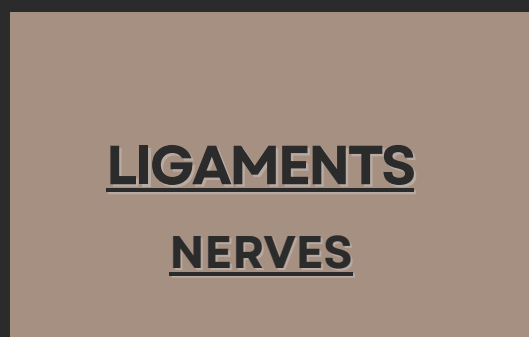


ANKLE INJURY



ANKLE PARTS

Joints

Talocrural (Ankle): dorsiflexion / plantarflexion

Subtalar: inversion / eversion

Distal Tibiofibular: ankle stability (mortise)

Ligaments

Lateral Complex:

ATFL (most commonly injured)

CFL

PTFL

Medial (Deltoid): resists eversion

Syndesmotic: high-ankle stability

Muscles & Tendons

Achilles Tendon: plantarflexion

Tibialis Anterior: dorsiflexion

Peroneals (Longus/Brevis):

eversion & lateral support

Tibialis Posterior: arch support

& inversion

Nerves

Tibial Nerve: tarsal tunnel

Superficial Peroneal: top of

foot

Deep Peroneal: first web space

ANKLE INJURYS



WE UNDERSTANDING ANKLE INJURIES

Ankle injuries can involve ligaments, tendons, bones, or nerves and often occur from twisting, impact, or overuse. Proper evaluation is important to prevent long-term instability or chronic pain.



WHY TREATMENT MATTERS

Untreated ankle injuries can lead to weakness, repeated sprains, joint damage, or arthritis. Early care helps restore mobility, stability, and function.



AAI Care Approach

At AAI, we provide thorough exams, imaging when needed, and personalized treatment plans to reduce pain, restore movement, and support full recovery—especially for accident-related injuries.



Accident and Injury Doctors

ANKLE THERAPY

Focused ankle care to restore mobility, stability, and function.

“Helping you regain balance, mobility, and confidence after injury.”



Knee to Wall

Setup

- Stand facing the wall
- Foot flat, toes forward
- Heel fully grounded
- Hands on the wall

Movement

- Bend your knee toward the wall
- Keep heel down
- Knee tracks forward
- Light wall contact

Restore foot control and stability

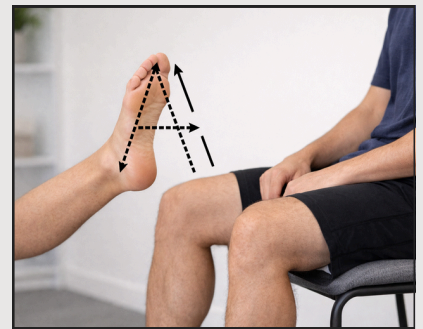
Ankle ABCs

Setup:

- Sit or lie down
- Leg extended
- Knee stays still
- Foot elevated

Movement:

- Lift foot slightly
- Trace A through Z
- Slow, controlled motion
- Use ankle only



Enhance foot control

Big Toe Calf Raises



Setup:

- Stand tall, feet hip-width
- Weight over big toe
- Heel grounded
- Light support if needed

Movement:

- Press through big toe
- Lift heels upward
- Pause at the top
- Lower with control

Feel steady, strong, and confident on your feet again

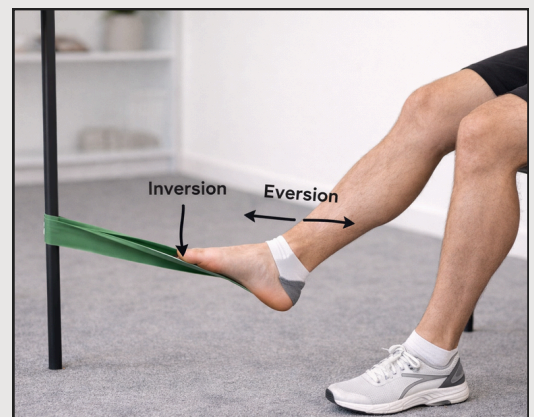
Band Eversion

Setup

- Sit with leg extended
- Band around forefoot
- Anchor band inward

Movement

- Heel stays still
- Start in inversion
- Pull foot outward
- Move into eversion
- Slow, controlled return



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