脚踝练习

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.

按照医生或治疗师的说明，开始脚踝练习。您可能在练习时感觉到些许酸痛。如果感觉到超出轻度的不适，请停止练习。练习后，将您的脚踝冰敷15分钟。冰块不得直接接触皮肤。

每天练习3次。如果医生要求您穿靴子，在练习时请将其脱下。与医生预约，以便7至10天后检查您的脚踝。

仅完成勾选的练习。

❏ 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.

❏ 写字

仅移动脚踝和脚，在地板上书写所有英文字母。保持腿伸直。不要弯曲膝盖或臀部。最开始时写字幅度较小，随着脚踝动作改善，写字幅度可扩大。

❑ 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.

❑ 脚踝踩动

模仿开车时踩下或松开油门的动作，上下活动您的脚。重复10次。

❑ Ankle Side to Side

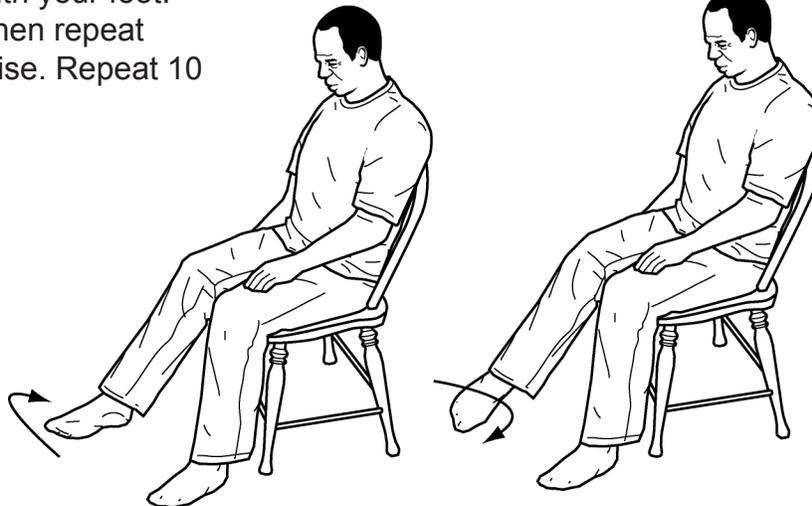Move your foot side to side. Repeat 10 times.

❑ 脚踝对侧活动

将脚从一侧移动到另一侧。重复10次。

❑ Ankle Circles

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

❑ 脚踝画圈

用脚画圈。先按顺时针方向活动，然后按逆时针方向重复。重复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.

❑ 脚踝伸展

呈坐姿，腿部伸直。在脚掌部位缠一条毛巾，向后拉动。拉动至感觉到伸展，而不是疼痛。放松。使伸展保持20至25秒，每天将此练习重复3次。

❑ 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.

❑ 脚趾卷曲

在面前的地板上平铺一条毛巾。坐在椅子上，将脚平放在毛巾上。卷曲脚趾，将毛巾抓拢在足弓下方。在练习过程中不要移动脚后跟。重复10次。