

# UPSWING HEALTH

## Osteochondral Injury of the Ankle Joint

### Ankle Pumps/Circles

Lie down on your back with your foot elevated. Slowly pump your ankle straight up, then down. Perform 2-3 sets of 10 repetitions, 2-3 times a day.

Lie down on your back with your foot elevated. Slowly rotate your foot/ankle clockwise, then counterclockwise. Increase your range of motion as tolerated. Perform 2-3 sets of 10 repetitions, 2-3 times a day.



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## Ankle Inversion/Eversion

Lie down on your back with your foot elevated. Slowly turn your foot/ankle in, then out (like a windshield wiper), without moving your upper leg. Perform 2-3 sets of 10 repetitions, 2-3 times a day.



Discontinue exercises and consult with a medical professional if any discomfort is experienced.