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.