



# INSTRUCTION GUIDE

AnkleTough® Rehab System is a system of tension straps and exercises designed as an aid to rehabilitating injured ankles; most commonly sprained ankles.

The four AnkleTough straps are of various degrees of resistance: **LIGHT**, **MEDIUM**, **STRONG**, and **TOUGH**. The straps can be conveniently carried in pockets or purses for use daily.

These progressive resistive straps were designed by physicians to rehabilitate the injured ankle, or prevent ankle injury by strengthening the peroneal, anterior tibial, posterior tibial, and gastrosoleus muscles.

The peroneal muscles control eversion or abduction of the foot and are the prime stabilizers preventing the inversion sprain or ankle fracture. Only by increasing muscle power can future injuries be avoided.

**STEP 1:** Select a strap with the degree of tension that feels most comfortable to you.

**STEP 2:** Slip the strap over each foot positioning the outer edge of the strap at the base of the little toe.

**STEP 3:** Stabilize your knees with your hands to prevent them from swinging outward.



**...exercises continue on the back.**



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Perform both **STEP 4** and **STEP 5** daily. Gradually increase the number of repetitions. Once you can complete three sets of ten repetitions twice daily, advance to the next level resistance strap and repeat the process.

#### **STEP 4: HORIZONTAL STRETCH**

- Keep your heels together and your feet flat on the floor.
- Slide your forefeet as far apart as possible and hold for five seconds before returning to neutral.
- Do three sets of ten reps twice daily.



Peroneus Longus

#### **STEP 5: VERTICAL STRETCH**

- With your knees together, lift one foot up and away from the other which remains fixed on the floor.
- Do three sets of ten reps twice daily.



Peroneus Brevis

#### **STEP 6: ANTERIOR TIBIAL STRETCH**

- Push down with one foot and lift up with the other and keep the heels on the floor.
- Perform sets with the knees straight and again with the knees flexed.
- Begin with sets of ten reps and progress to sets of twenty reps twice daily.



Anterior Tibial,  
Extensor Communis,  
& Gastrosoleus

#### **STEP 7: POSTERIOR TIBIAL STRETCH**

- Cross your legs at the ankles and pull the feet away from one another to stretch.
- Begin with sets of ten reps and progress tensions as tolerated.



Posterior Tibial

#### **STEP 8: DOUBLE STRETCH**

- Increase the tension without moving to the next tension strap by adding a second strap.
- All exercises may be performed with dual tension straps.



#### **STEP 9: SHOE STRETCH**

- Place the back of a shoe between the heels to increase the tension of the strap strength being used.

