



Ankle and Foot Exercises Later and Final Stages

Information for patients
Physiotherapy Department



Pull your foot up towards you and point it down as far as possible. Repeat 10-15 times.

Exercise 1

Stand in a walk position with the leg to be stretched straight behind you and your heel on the floor, keep the other leg in front of you. Take support from a wall. Lean your body forwards pushing your heel into the ground until you feel a stretch in the calf muscle of the straight leg.



Hold approximately 20 seconds then relax. Repeat x 5 x 3 daily.

Exercise 2



Stand up straight near some support, for example, a kitchen unit.

Rise up on your toes, lifting your heels as high as possible.

Slowly return to the starting position.

Repeat until your calf muscle feels tired x 3 daily.

Exercise 3

Gradually progress to toe raises on one foot.

Repeat until your calf muscle feels tired x 3 daily.



Exercise 4

Sit on a chair. Cross your feet and put the outer edges of your little toes together.

Repeat until your calf muscle feels tired x 3 daily.

Your ankle muscles need to be retrained to prevent another ankle injury, especially if you are going back to sport.

Exercise 5

Stand on one leg (the injured leg) progressing up to 2 minutes. Once you can keep your balance standing on your injured leg, progress exercise by standing on a pillow/cushion (ensure you carry this exercise out near, for example, a wall, chair, sink, should you require support).

Repeat regularly throughout the day 4-6 times.



Exercise 6

Walk on your toes for a few metres.
Walk on your heels for a few metres.
x 3 daily.



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