

Notes :

Dear Patient,

You may experience some initial pain when completing your exercises either, before, during or after. This is not unusual and should not last for a long time. If your pain continues to worsen or becomes more continuous and you feel this is related to the exercises, then please stop them and speak to your physiotherapist. If it seems to be one exercise in particular, stop that one and speak to your Physiotherapist if required.

There are several ways to progress your exercises independently if you wish, these include; Increasing repetitions, increasing sets, increasing duration of the hold or increasing weight/resistance. The same can be applied to make the exercises easier, by reducing those numbers.

1 Dorsiflexion/plantarflexion



Sets: 3 Reps: 15

Pull your toes and foot up towards you and point your foot down as far away from you as you can.

Repeat.



2 Ankle circumduction



Sets: 3 Reps: 15

Lie on your back.

Move your toes up, in, down, and out in order to form a circle with your foot.

Form as big a circle as you can.

If your ankle is swollen, elevate your leg on pillows while you do this exercise.



3 Ankle mobility, alphabet



Reps: **3x daily**

Trace the alphabet with your foot.



4 Ankle eversion



Sets: **3** Reps: **15**

Sit with both legs straight and support yourself with your arms behind you.

Point your foot and toes towards the outside (away from your body).

Return and repeat.



5 Ankle inversion



Sets: **3** Reps: **15**

Start in long sitting with one knee bent and lean on your hands behind you.

Without moving your knee, move your foot and toes towards the inside (towards the other foot).

Return and repeat.

