

Ankle Initial exercises
 Three to four times a day

Ankle and foot range of movement exercises. Repeat these 10 times each.

Figure 1 - Point your foot up and down within a comfortable range of movement.

Figure 2 - With your heels together, move your toes apart.

Figure 3 - Make circles with your foot in one direction and then change direction

figure 1

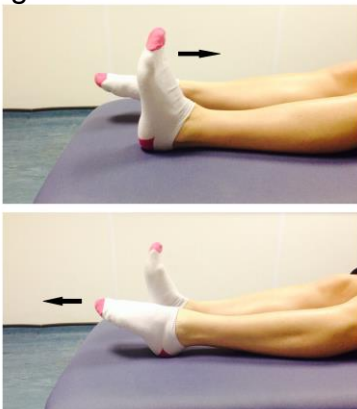


figure 2

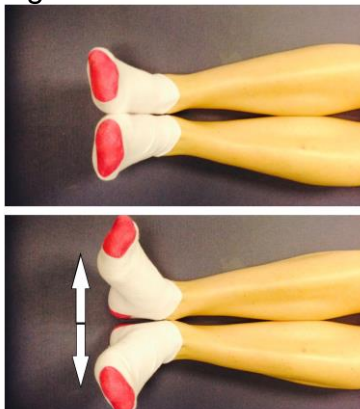


figure 3



Exercises to start after four weeks

Ankle stretches

1. Sit with your leg straight out in front of you. Put a towel or bandage around your foot and pull it towards you. Feel a stretch in the back of your calf.
2. Point your toes down as far as they go, then use the other foot on top to apply some pressure to create a stretch on the top of your foot.

Hold both stretches for up to 30 seconds and repeat 3 times.



Exercises to start after 6 weeks

Balance strategy exercises

Level 1: For patients who could not stand on one leg before their injury



- Stand with your feet as close together as possible, using something firm to hold onto. Hold this for 30 seconds. If you can do this, move onto the next exercise.
- As above, but removing your hand so that you are balancing. Hold this for 30 seconds. If you can do this, move onto the next exercise.
- Holding onto something firm, put one foot in front of each other as close together as you feel comfortable with. Hold this for 30 seconds. If you can do this easily, you may like to try without holding on, but only if you feel confident to do so.

Level 2: For patients who could stand on one leg before their injury



- Holding onto a firm surface, attempt

to stand on one leg. Hold this for 30 seconds, making sure it does not cause you any pain. Once you can achieve this without any pain, move onto the next exercise

- As above, but removing your hand so that you are balancing. Hold this for 30 seconds. If you can do this, move onto the next exercise.
- Once confident with your eyes open, progress to attempting this with your eyes closed. Always stand in a safe environment with a firm surface close by should you need it. Hold this for 30 seconds.

Advanced exercises for sports rehabilitation

Stage 1: For patients who would like to develop more advanced ankle control for sports



- a) Standing on an uneven surface such as a doubled-over pillow or wobble cushion, attempt to balance for 30 seconds. Once you can achieve this without any pain, move to Stage 1b.
- b) Once confident with your eyes open, progress to attempting this with your eyes closed. Always stand in a safe environment with a firm surface close by should you need it. Hold this for 30 seconds.

Stage 2: For patients who would like to develop advanced core control for sports



- a) Stand with one foot in front of the other, with your hands together. Swing your arms in a figure of eight in both directions for 1-2 minutes.
- b) As above, but bring your feet so they are touching toe to heel.
- c) As a) and b) above, but with your eyes closed.