

Patient Exercise Sheet:
Ankle Exercises:
Ankle Sprain or
Fracture *STAGE 1*

Physiotherapy



1 Ankle Pumps

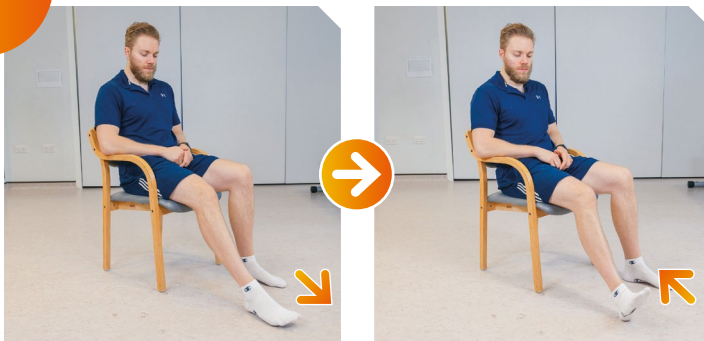
2 Ankle Circles

3 Seated Calf Raise

4 Heel-Toe Walking

It is OK to feel some discomfort whilst completing the following exercises, which is entirely normal to begin with, providing the pain is not significantly worse the following day. We recommend to only exercise up to around 4-5/10 if zero is no pain and 10/10 is severe pain.

1 Ankle Pumps



Sitting or laying down.

Point your ankle and toes away from you, holding for a 1-2 count, and then pull your ankle & toes towards you, again holding for a 1-2 count. You may feel a stretch in the bottom of your foot, or your calf.

Aim to perform this between 10 and 20 times.

If you experience pain – go as far as comfortable each time you do this.

CONTINUED OVERLEAF



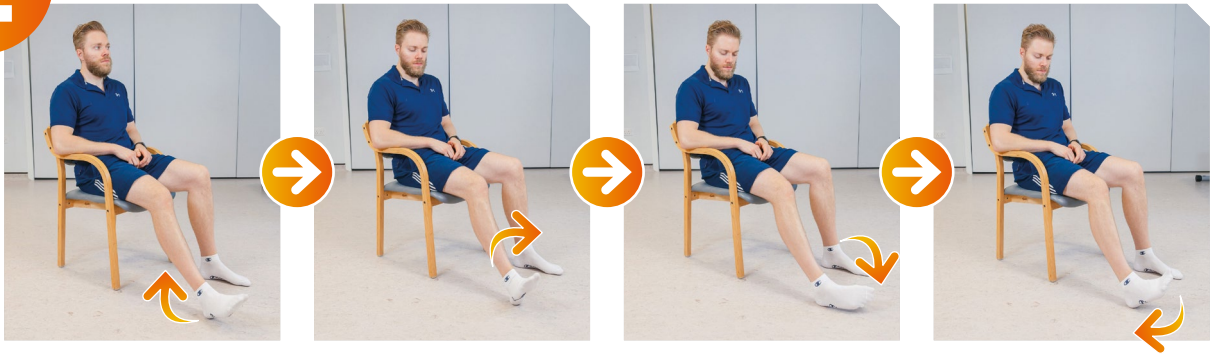
1 Ankle Pumps

2 Ankle Circles

3 Seated Calf Raise

4 Heel-Toe Walking

2 Ankle Circles



Sitting or laying down.

Draw as large a circle with your ankle in either a clockwise or anti-clockwise direction. Go slow and steady to make this exercise as effective as possible. If you experience pain – reduce the size of the circle you're drawing. You may experience some clicks/cracks/pops during this exercise which is quite common and if it is not painful, is nothing to worry about.

Aim for 10 circles in each direction.

3 Seated Calf Raise



Sitting with both feet flat on the floor.

Raise up onto your tiptoes on one or both feet, aiming to keep the weight across both the inside and outside of the ball of your foot/feet.

You can hold this at the top for anywhere between 1 and 10 seconds, depending on how comfortable this is. Lower back down and repeat between 10 and 15 times.

CONTINUED OVERLEAF 

1 Ankle Pumps

2 Ankle Circles

3 Seated Calf Raise

4 **Heel-Toe Walking**

4 Heel-Toe Walking



When walking, ensure that your heel contacts the ground first, and the weight rolls over the foot (from back to front) as you take the weight on your affected leg when the opposite side swings through. Ensure that you come up onto the ball of your affected foot before it leaves the ground to avoid picking up your entire leg, instead swinging it through as you normally would.