Patient Exercise Sheet:
Ankle Exercises:
Ankle Sprain or Fracture *STAGE 3*

Physiotherapy

| ① **Staggered Stance Calf Raise** | ② Single Leg Calf Raise | ③ Single Leg Unsupported Balance |

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 Staggered Stance Calf Raise

Standing with balance support from a chair, table, wall or worktop.

Place one foot ahead of the other, with your weight on the back leg (the target leg). This will help you place more load on this leg, whilst still giving you the balance and some support from the front leg. Raise up onto tiptoes on both feet, hold for 2 seconds, and lower down.

Aim to repeat between 10 and 15 times.

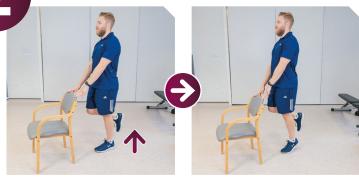**Provide community partnerships**

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① Staggered Stance Calf Raise
② **Single Leg Calf Raise**
③ **Single Leg Unsupported Balance**

② Single Leg Calf Raise

Standing on one leg with balance support from a chair, table, wall or worktop.

Raise up onto the ball of your foot, keeping the weight spread across the inside & outside of your foot. Hold for 2 seconds, and lower back down.

Aim to repeat between 10 and 15 times in one go.
To make this easier – stand further away from the surface you have your hands on to make yourself less vertical, with less load through your feet and ankles.
To make this harder – you can perform over the edge of a step or stair to increase the range of movement you can work through.

③ Single Leg Unsupported Balance

Standing with your hands on a wall, table or worktop. You can stand face on or side-on, depending on how much support you want from your hands if needed.

Bend one knee backwards to balance on the affected leg without any support from your hands. You can use your hands to rebalance yourself if you sway too much.

Aim to hold for up to 30 seconds.