FOOT AND ANKLE EXERCISES

With your leg out in front of you:

1) Pull your foot up towards you – toes pointing to the ceiling. Hold for a count of 5.

2) Point your toes downward as far as you can. Hold for a count of 5.

3) Make a circle with your foot in one direction and then repeat in the other direction.

Repeat these exercises 4-6 times per day

4) While seated ‘write’ the Alphabet with your big toe by only moving your ankle. Build up to writing the whole alphabet twice a day.

Balance training

This is important for helping to prevent injuries in the future.

Once you are allowed to fully weight bear, use a stable object such as the kitchen counter for support and start putting your weight through your injured leg. You can build up to this gradually.

Build up to standing on this leg only and aim for 3 sets of 1 minute per day twice a day standing on the injured leg alone.

When you are confident with this you can make it harder by standing on a cushion, again build this up slowly.

Calf stretches

Once you can comfortably bear weight on your injured leg you can start these exercises. You may need to do this gradually.

1) Stand facing a wall and place your hands on the wall for support.
2) Step back with your injured leg with the toes pointing towards the wall.
3) Push your hips towards the wall until you feel a stretch in your calf.
4) Hold the stretch for 20 seconds and repeat 10 times twice a day.