

Ankle Exercises



Sit on the floor as shown, with your thighs resting on your calves. Hold on to the foot of the leg to be stretched. Stretch your foot and toes by slowly pulling upwards. Do not rotate your foot inwards. Hold approx. 30 secs. relax. Repeat 5 times.



Stand.
Push up on your toes.
Hold for 10 seconds
Repeat 3 times



Sit on a chair. Cross the ankle to be stretched over the other knee. Place your hand on the top of your foot and stretch your ankle (point toes). Hold approx. 20 secs. Feel the stretch in your shin. Repeat 3 times.

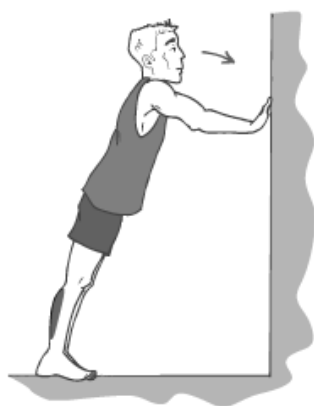
Ankle Exercises



Stand in a walking position with the leg to be stretched straight behind you and the other leg bent in front of you. Take support from a wall or chair.

Lean your body forwards and down until you feel the stretching in the calf of the straight leg. Hold for 10 seconds.

Repeat 5 times.



Stand with your feet together facing a wall, leaning against it with your arms and back straight.

Let your body drop towards the wall keeping your heels on the floor. You should feel the stretching in your calves. Hold approximately 20 secs – relax

Repeat 3 times.

Ankle Exercises



Stand on a step with both heels over the edge. Hold on to a support.

Let the weight of your body stretch one heel towards the floor. Hold for 10 seconds

Repeat 5 times.



Stand. Place your foot on a chair. Line your heel up with the front edge of the chair. Hold the back of the chair for balance.

Gradually move your knee towards the back of the chair keeping your whole foot in contact with the chair. Hold for 10 secs.

Repeat 5 times.



Sit on the floor with your legs tucked under you. Place your hands on the floor in front of you. Lift the knee of the affected leg up to your chest keeping the side of the foot on the floor.

Bring your chest forwards and shift your weight over the sole of your foot. Keep your heel on the floor during the exercise. Hold approx 20 secs.

Repeat 3 times.

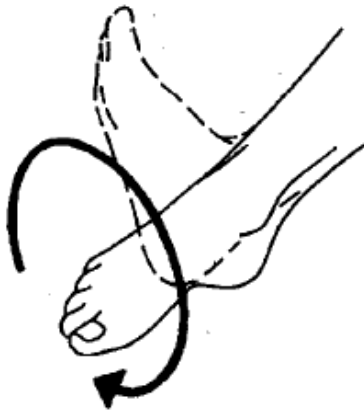
Ankle Exercises



Lie on your back.

Bend and straighten your ankles slowly. If you keep your knees straight during the exercise you will stretch your calf muscles.

Repeat 10 times.



Sitting or lying.

Rotate your ankle through a whole circle. Change directions.

Repeat 10 times.

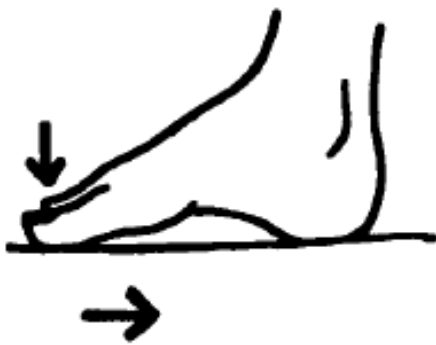


Sit with your foot on the floor.

Alternately raise the inner border of your foot (big toe) and then the outer border (little toe)

Repeat 10 times.

Ankle Exercises



Sit with your foot on the floor.

Shorten your foot by tightening the muscles on the sole of your foot (lift your arch up). Keep your toes pushed straight against the floor.

Repeat 10 times.



Standing or sitting with your foot on the floor.

Curl and straighten your toes. Practise lifting pieces of paper or other objects off the floor.

Repeat 10 times.



Sitting with your foot on the floor.

Open and close your toes. You can assist the movement with your hands if necessary.

Repeat 10 times.