

## Patient information factsheet

# Ankle strengthening exercises

Try to complete the exercises at least three times a day.  
Keep your foot elevated (up) to decrease swelling.  
Apply ice, wrapped in a pillowcase or tea towel, to your foot and ankle for ten minutes every hour.



1. Stand holding onto a supportive surface and push up on to your toes.

Repeat ten times.



2. Stand near to a supportive surface and try to balance on one leg.

Aim to keep your balance for 30 seconds.

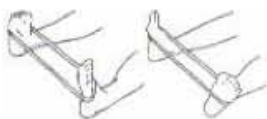
Repeat ten times.



3. Sitting up in bed with your legs outstretched, place the theraband around your foot and pull it tight with your hands.

Point your toes and then slowly return to the starting position.

Repeat 15 times.



4. Sitting up in bed with your legs outstretched, tie the theraband in a loop around both feet.

Slowly turn your feet outwards and then slowly return to the starting position.

Repeat 15 times.

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5. Sitting up in bed with your legs out stretched, place the theraband around your foot.

Turn your foot inwards as if to look at the sole of your foot and then slowly return to the starting position.

Repeat 15 times.



6. Sitting up in bed with your legs outstretched, place the theraband around your foot.

Pull your foot up towards your body, and then slowly return to the starting position.

Repeat 15 times.

## Contact details

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