

## Patient information factsheet

# Ankle mobilising exercises

This factsheet contains exercises to help improve the range of movement in your ankle. If you have any questions or concerns, please contact us using the details at the end of this factsheet.

- Try to complete the exercises at least three times a day.
- Keep your foot elevated (raised) to decrease swelling.
- Apply ice, wrapped in a pillowcase or tea towel, to your foot and ankle for 10 minutes every hour.

### Exercise 1

Lying on your back or sitting up in bed, point your toes away and towards you.

Repeat 15 times.

### Exercise 2

Lying on your back or sitting up in bed, turn your feet inwards so that the soles of your feet are facing each other. Then turn your feet outwards.

Repeat 15 times.

### Exercise 3

Lying on your back or sitting up in bed, keep your knee straight and pull your toes towards you. Apply a gentle pressure using a belt or towel and hold for 30 seconds.

Repeat 10 times.

### Exercise 4

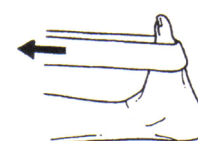
Sitting on a chair with your feet on the floor, lift your heels up and down.

Repeat 15 times.

### Exercise 5

Sitting on a chair with your feet on the floor, slide your foot underneath the chair, keeping your heel on the floor.

Repeat 10 times.



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## Exercise 6

In a standing position, hold onto a supportive surface. Stretch one leg behind you, with your knee straight and your foot flat on the floor.

Lean your body forwards until you feel a stretch in your calf muscle. Hold this position for 30 seconds.

Repeat three times.



## Exercise 7

In a standing position, hold onto a supportive surface. Stretch one leg behind you, with your knee bent and your foot flat on the floor.

Gently bend both your knees until you feel a stretch in your lower calf muscle. Hold this position for 30 seconds.

Repeat three times.



## Contact us

If you have any questions or concerns, please contact us.

Orthopaedic physiotherapy team

Telephone: **023 8120 4452** (Monday to Friday, 8am to 4pm)

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