

Patient information factsheet

Ankle strengthening exercises

This factsheet contains exercises to help strengthen 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

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

Repeat 10 times.



Exercise 2

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

Aim to keep your balance for 30 seconds.

Repeat 10 times.

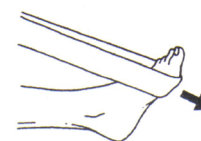


Exercise 3

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.



Exercise 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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Exercise 5

Sitting up in bed with your legs outstretched, place the theraband around your foot and with your hands, pull it tight towards you and out to the side.

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.

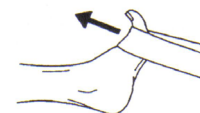


Exercise 6

Sitting up in bed with your legs outstretched, place the theraband around your foot. You will need to secure the loose ends of the theraband to a stable object or have someone to hold them tight to add resistance.

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

Repeat 15 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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