

Ankle Exercise Programme

Please complete this programme _____ per day

Tick the required exercise below

1. Ankle range of movement



- Sit on the edge of a chair with your foot resting on a football
- Gently roll your foot forwards and backwards on the football.
- Also roll your foot side to side on the football.
- Repeat _____ times.

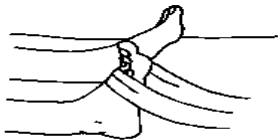
Also, roll a towel length-ways into a band. Place this around the sole of your foot and hold each end with your hands. Use the towel to assist you pulling your foot up towards you and turning the soles of your feet inwards and outwards.

2. Resisted ankle plantarflexion



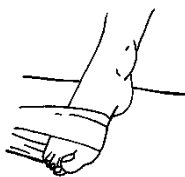
- Place a theraband around the base of your foot as shown, hold both ends and pull tightly.
- Point your toes down towards the floor against the resistance of the band.
- Hold for _____ seconds. Repeat _____ times.

3. Resisted ankle dorsiflexion



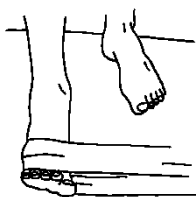
- Place a theraband around the top of your foot as shown and tie both ends to a chair/table leg to keep the band tight.
- Pull your toes up towards the ceiling.
- Hold for _____ seconds. Repeat _____ times.

4. Resisted ankle inversion



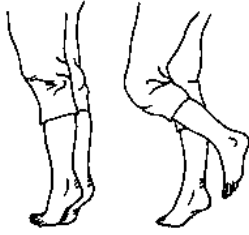
- Place a theraband around the inside of your foot as shown in the picture and hold both ends tightly.
- Turn your toes into the middle against the resistance of the band.
- Hold for _____ seconds. Repeat _____ times.

5. Resisted ankle eversion



- Place a theraband around the outside of your foot as shown in the picture and hold both ends tightly.
- Turn your toes out to the side against the resistance of the band.
- Hold for _____ seconds. Repeat _____ times.

6. Bilateral Heel Raises



- Stand holding onto the back of a chair or a work surface if you need the support.
- Gently rise up onto your tiptoes and hold for _____ seconds.
- Lower back down to the floor.
- Repeat _____ times.

7. Single leg stand



- Practice standing on one leg whilst brushing your teeth/boiling the kettle
- If this is too difficult to begin with then practice transferring your weight from one foot to another by swaying your hips from side to side.
- Repeat _____ times.

8. Active Calf Stretch



- Stand facing a wall/chair and position your feet one in front of the other, feet facing forwards. Lean into the wall for support.
- Bend your front knee, keeping your back knee straight. Feel a stretch in the back of your calf muscle. Keep both heels flat on the floor as you stretch.
- Hold for 30 seconds. Repeat _____ times.

9. Calf Stair Stretch



- Place your feet on the edge of the bottom step.
- Keeping your knees straight, allow your heels to slowly drop towards the floor.
- Hold for 30 seconds. Repeat _____ times.

10. Soleus Stretch



- Stand with one foot in front of the other facing a wall.
- Rest your hands on the wall and make sure that your feet are facing forwards.
- Bend both your knees, keeping both of your heels on the floor and push your bottom back.
- Hold for 30 seconds. Repeat _____ times.