

Hydrotherapy ankle exercises

Hydrotherapy Department Patient information

- These exercises are for you to try in your local pool as taught by your physiotherapist.
- Only complete these exercises if you feel well enough to.
- The exercises should not make your pain worse. If they do, reduce speed, movement, or number of repetitions.
- Hold on to something if needed for balance.
- After your session, remember to rest and hydrate.

Warm up

- Slowly walk forwards, backwards, and sideways in the pool for 5-10 minutes.
- Gradually increase speed if you can.



Marching on the spot

- Stand holding the wall/rail.
- Lift one knee towards the surface and lower.
- Repeat on the other leg.
- Repeat times.



Lunge walking

- Hold the pool edge/rail if needed.
- Take a large step forward into a lunge.
- Return to starting position and repeat with the other leg.
- Move along the pool edge.
- Repeat times.



Walking tip toes

- Raise your heels so you are on tip toes.
- Walk slowly along the pool.
- Increase speed as able.
- Repeat times.



Tandem stance

- Stand holding the rail.
- Place one foot in front of the other.
- Balance. Progress this by letting go if you are able to.
- Repeat times.



Leg swings

- sideways to wall.
- Swing leg forward and backward.
- Keep knee straight and upright.
- Repeat other leg.
- Repeat times.



Heel raise

- Stand with feet level.
- Lift heels then lower.
- Progress to single leg if able.
- Repeat times.



Heel raise on step

- Take care to stand with toes on step edge and hold on to the pool edge or nearby rail for balance if needed.
- Raise onto toes then lower heel below step.
- Progress to single leg if able.
- Repeat times.



Lunges on step

- Take care to step up onto step and move knee forward over foot. Hold on to the pool edge or nearby rail for balance if needed.
- Return to starting position and repeat on the other leg.
- Repeat times.



Calf stretches

- Face pool edge holding on.
- Step one foot forward.
- Lean forward keeping heels down and back leg straight at the knee.
- Hold seconds.
- Repeat times.



Ankle paddle with float

- Stand on one leg.
- Place other foot on float.
- Point toes down then up.
- Repeat other side.
- Repeat times.

Cool down

- Walk forwards slowly using breaststroke arms for five minutes.

Contact details

Hydrotherapy Department: 0300 019 2233

Our department is open 8.30am-4.30pm, Monday to Friday.

Outside of these hours, please leave a message on the answering machine.

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