

## ANKLE EXERCISE SHEET

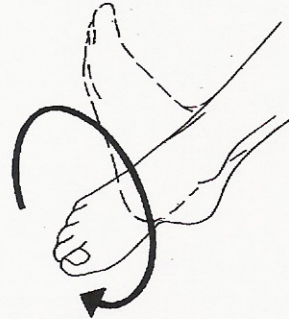
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Lying on your back or sitting.  
 Bend and straighten your ankles.

Repeat 20 times.

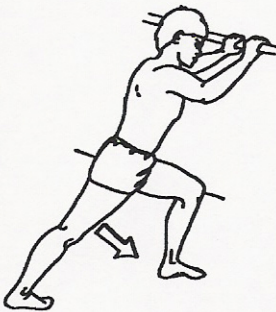
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Sitting or lying.  
 Rotate your ankle.  
 Change directions.

Repeat 20 times.

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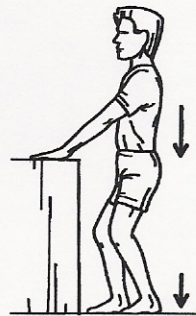


Stand with the leg to be stretched back (as shown), the other leg bent in front of you.

Take support from a wall or chair.

Lean your body forwards and down until you feel the stretching in the calf of the straight leg. Hold approx. 20 secs. - relax. Stretch the other leg.

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Stand with the leg to be stretched behind the other leg.

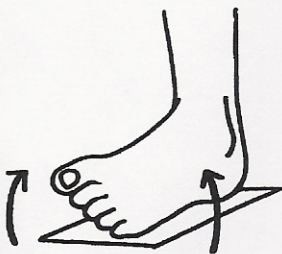
Push your heel down while bending the knee to stretch the achilles tendon.

Hold for 10 secs, then stretch other leg.

Repeat 4 times.

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Repeat 4 times.



Sitting with your foot on the floor.

Alternately raise the inner border of your foot (big toe) and then the outer border (little toe).

Repeat 10 times.

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Standing.

Hold onto something stable for balance.

Push up on your toes.

Repeat 10 times.

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- START THE EXERCISES GENTLY, THE REPETITIONS ARE A GUIDE
- AIM TO PERFORM THE EXERCISES MORNING, LUNCH AND EVENING
- IF THE EXERCISES MAKE THE PAIN WORSE, STOP FOR 2-3 DAYS
- START AGAIN VERY GENTLY, IF THEY STILL MAKE THE PAIN WORSE SEEK ADVICE AS NECESSARY