



Personal exercise program

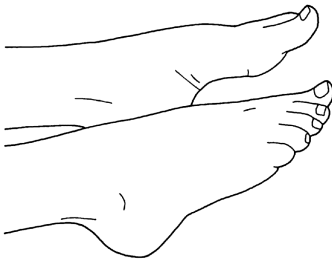
Warwick Physio and Rehab

Warwick Physiotherapy & Rehabilitation

Unit 1, Bank Gallery, 13 High Street, CV8 1LY, Kenilworth,

Basic Ankle Exercises

BASIC RANGE OF MOVEMENT EXERCISES

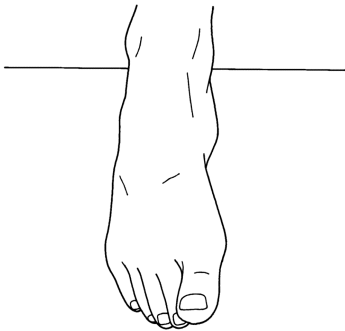


Lying on your back or sitting.

'Pump' your ankle by moving your ankle backwards and forwards.

Repeat 10-20 times.

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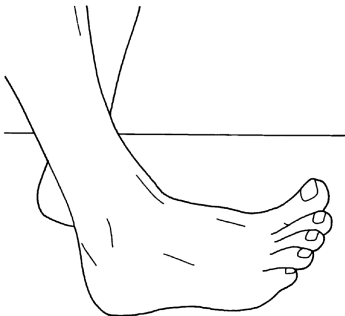


Sitting with your foot on the floor.

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

Repeat 10-20 times.

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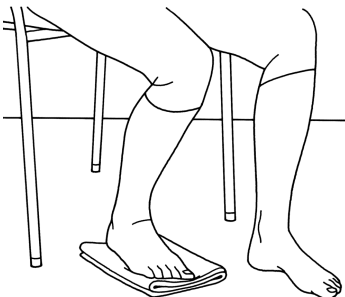


Sitting or lying.

Rotate your ankle in both directions.

Repeat 10-20 times.

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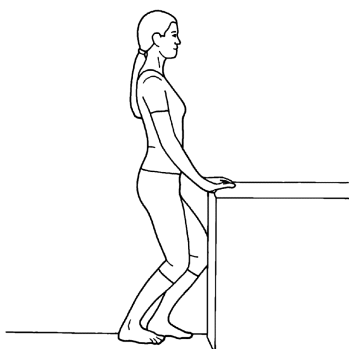
Sit on a chair with a towel under one foot.

Slide the foot under the chair as far as you can. Move your knee forward keeping the sole of your foot in contact with the floor.

Hold 10-30 seconds.

Repeat 5-10 times.

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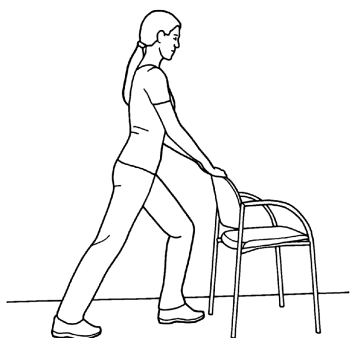


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Stand with the leg to be stretched behind the other leg.

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

Repeat 10-15 times.

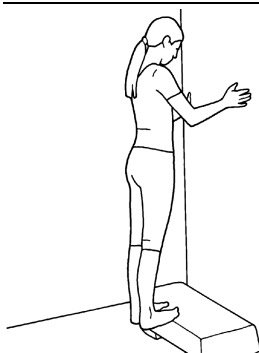


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Stand in a walking position with the leg to be stretched straight behind you and the other leg bent in front of you. Take support from a wall or chair.

Lean your body forwards and down until you feel the stretching in the calf of the straight leg. Hold approx. for a few seconds then relax.

Repeat 10-15 times.



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Stand on a step with both heels over the edge. Hold on to a support.

Let the weight of your body stretch your heels towards the floor.

Repeat 10-15 times.



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Stand on one leg.

Lift the other foot and press it against the inner side of the other leg.

Hold for as long as possible.