

Patient Exercise Sheet:
Ankle Exercises:
Ankle Sprain or
Fracture *STAGE 2*

Physiotherapy



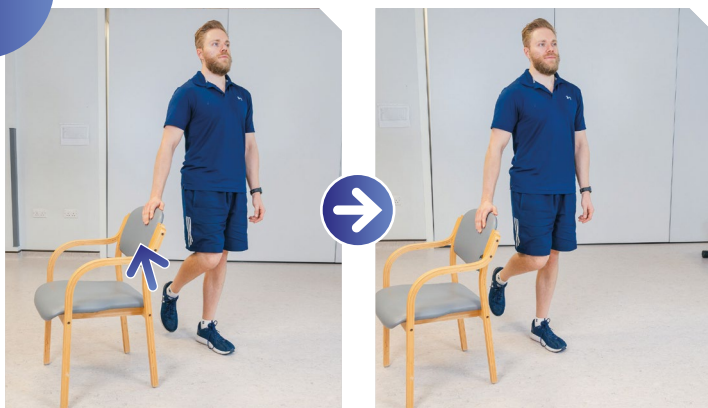
1 Single Leg Supported Balance

2 Standing Two-Legged Calf Raise

3 Standing Ankle Mobilisation

It is OK to feel some discomfort whilst completing the following exercises, which is entirely normal to begin with, providing the pain is not significantly worse the following day. We recommend to only exercise up to around 4-5/10 if zero is no pain and 10/10 is severe pain.

1 Single Leg Supported Balance



Standing with your hands on a wall, table or worktop.

Bend one knee backwards to balance on the affected leg, and use as little support as you can to balance on the affected leg. You can progress this by reducing how much support you use, but ensure you are safe during this exercise but not swaying too much.

Aim to stay upright and do not sag into the side you are balancing on.

Aim to hold for up to 30 seconds.

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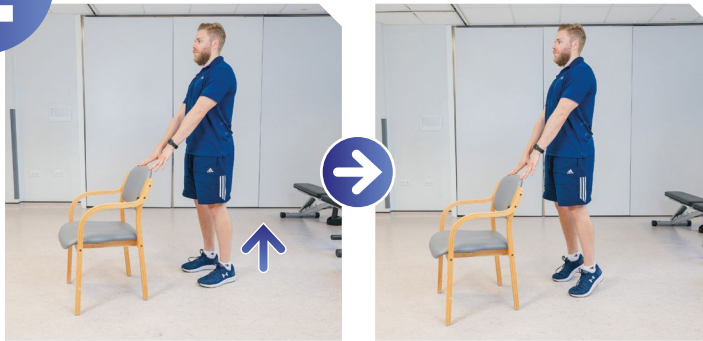


1 Single Leg Supported Balance

2 Standing Two-Legged Calf Raise

3 Standing Ankle Mobilisation

2 Standing Two-Legged Calf Raise



Standing with balance support from a chair, table, wall or worktop.

Raise up onto your tiptoes on both feet, keeping the weight even across the inside and outside of your feet. Hold for 2 seconds, and lower down.

Aim to repeat between 10 and 15 times in one go.

To make this easier – stand further away from the surface you have your hands on to make yourself less upright.

To make this harder – perform over the edge of a step or stair to increase the range of movement.

3 Standing Ankle Mobilisation



Standing with your feet staggered – with your target foot in front, using balance support if needed.

Keeping your heel on the floor, take your knee forwards over the middle of your foot as far as comfortable. Hold for a 1-2 count, and return to the start. You can increase the variety of this exercise by aiming your knee over your big toe, the middle of your foot, and little toe.

Repeat 15-20 times in one go.