

Exercise plan:  
**Ankle Exercises**

Patient:  
**Physio Specialists Ltd**

Date:  
**13th May 2020**

### Active Plantar Flexion Both Sides

Sit on the floor (or lie down) with your legs out straight. Bend your ankles towards the ground. This exercise will increase mobility in your ankle joints.

**Repeat 5 times | Perform 3 times daily**

Video: <http://youtu.be/KjhkvZLV2ak>



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### Heel Raises Sitting

Sit upright on a chair, with your feet flat on the floor. Slowly raise your legs up onto your toes. Hold, and gradually control the movement back down to the starting position. This is a useful calf pump exercise to improve circulation to your lower legs, as well as improving mobility of the ankle joints.

**Repeat 5 times | Perform 3 times daily**

Video: <http://youtu.be/aujGDKa4o8k>



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### Active Dorsiflexion In Sitting Two Feet

Sit on the floor with your legs out straight. Bring your toes and feet towards you, then gradually control the movement back down. This will improve mobility in your ankles. You can also hold the stretch to create a calf muscle stretch.

**Repeat 5 times | Perform 3 times daily**

Video: <http://youtu.be/ilaUgwF4WeA>



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## Active Dorsiflexion Chair One Foot



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Sit down with your feet flat on the floor. Slowly lift your toes up on one side, but keeping your heel on the ground. Hold, then gradually control the movement back down. This acts as a calf pump, but also mobilises the ankle joint. You can also hold a stretch.

**Repeat 5 times | Perform 3 times daily | Perform both sides**

Video: <http://youtu.be/c97V2MZQYdM>

## Calf Raises One Leg



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Stand upright on one leg. Slowly raise up onto your toes, and control the movement back down. Hold on to a wall or table for support. This exercise will strengthen the calf muscle and ankle joint.

**Repeat 5 times | Perform 3 times daily | Perform both sides**

Video: <http://youtu.be/QEILlo9Kzlw>

## Passive Plantar Flexion



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Sit with one leg over your opposite knee. With your hand gently pull the ankle towards you, and then relax. You can use this as a mobilisation to your ankle, to improve mobility, but also to create a stretch along your shin and the top of your ankle.

**Repeat 5 times | Perform 3 times daily | Perform both sides**

Video: <http://youtu.be/ZnRUj4WuW8M>

## Passive Dorsiflexion



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Sitting on a chair, place one foot up onto the opposite thigh. With one hand around the ball of your foot gently pull your foot backwards (so your toes are pointing towards your chin). This is a mobility exercise for the ankle.

**Repeat 5 times | Perform 3 times daily | Perform both sides**

Video: <http://youtu.be/jfY3ZfMNGjl>



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### Heel Raises Standing for Plantar Fasciitis

Place a small rolled up towel near the edge of a step. Stand on the step, placing your toes on the towel. Drop your heels, then lift your heels. At the top of the movement, hold and then repeat the exercise raising and lowering your heels. This exercise has been recommended for strengthening the calf muscles, and also as a treatment for plantar fasciitis.

**Repeat 5 times | Perform 3 times daily**

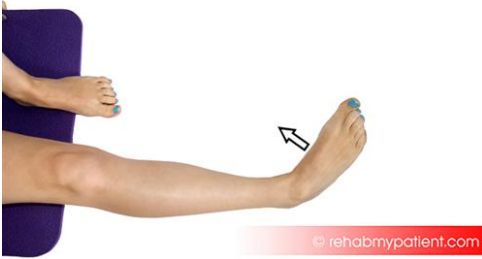
Video: <https://youtu.be/vxeRxCFVjBE>

### Active Inversion

Lying flat on your back or sitting on the floor, move your foot inwards and upwards. Repeat the movement. This is a mobility exercise for the ankle.

**Repeat 5 times | Perform 3 times daily | Perform both sides**

Video: <http://youtu.be/kce8j-jc87c>



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### Passive Inversion

Sitting on a chair, bend the leg of your injured foot up onto the thigh of your other leg. Gently pull your foot inwards and upwards towards you. This exercise will help improve mobility to the ankle.

**Repeat 5 times | Perform 3 times daily | Perform both sides**

Video: <http://youtu.be/eq8bLghzeVY>



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## One Leg Stand

Stand on one leg, and try to keep your balance. Be careful and hold on to a wall for support when you first start this exercise. A single leg balance exercise such as this is an enormously valuable exercise, and its benefits including strengthening the muscles and ligaments around the ankles and knees, and improving balance.

**Repeat 5 times | Perform 3 times daily | Perform both sides**

Video: [http://youtu.be/ZLxyh\\_PEstl](http://youtu.be/ZLxyh_PEstl)



## One Leg Stand Eyes Closed

Stand on one leg with your eyes closed. Try to keep your balance. Be very careful and hold on to a wall for support when you first start this exercise. A single leg balance exercise with your eyes closed is an enormously valuable and quite difficult exercise, and should not be thought of lightly, it has many benefits including strengthening the muscles and ligaments around the ankles and knees, improving balance, and co-ordination.

**Repeat 5 times | Perform 3 times daily | Perform both sides**

Video: <http://youtu.be/zApChixB2MQ>

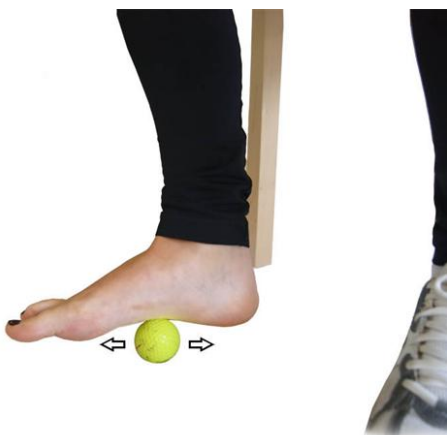


## Ankle Circles Sitting

Sit down, and move your ankles around in circles both anti-clockwise and clockwise. This is a great mobility exercise to the ankle, and very useful for ankle stiffness following a sprain.

**Repeat 5 times | Perform 3 times daily | Perform both sides**

Video: <http://youtu.be/6XX3R9ibBfw>



## Plantar Fascia Massage

Place a tennis ball, golf ball or squash ball underneath the sole of your foot. Roll the ball up and down along your foot. Pay particular attention to the skin under the arch of your foot. Do not rub the ball over the heel of your foot. This will help reduce tension in the plantar fascia, the tissue under the sole of your foot that causes heel pain.

**Repeat 5 times | Perform 3 times daily | Perform both sides**

Video: <http://youtu.be/nQChHTS8Gso>

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## Your Advice Sheet

Please click on the attachment below for the advice sheet

[- Ankle Sprain.pdf](#)

[- Plantar Fasciitis.pdf](#)

Please stop any exercise that causes pain. If you have any questions with an exercise, just email us on [headoffice@physio-specialists.co.uk](mailto:headoffice@physio-specialists.co.uk). Good luck and keep with it!