Physiotherapy Department

Ankle rehabilitation

stage 1

Information for patients
Exercises

At first your ankle will feel stiff and possibly painful. This is because it has been held in one position. By exercising regularly the feeling of stiffness and pain will gradually ease. The following exercises need to be done regularly; 3-4 times per day.

**Dorsiflexion and plantarflexion**

Pull your foot upwards as far as you are able, hold for 5 seconds, and then point your foot away from you as far as you are able, hold for 5 seconds.

Repeat ___times.

**Inversion and eversion**

Turn the sole of your foot inwards and then outwards (keeping your knee still).

Repeat___times.

It is now important to start to get your foot and ankle moving normally.

- If you have just had your plaster removed **and you are allowed to get any wounds you have wet**, soak your ankle in warm water for 5-10mins to remove any dry skin.

- You should be regularly moisturising any dry skin, **and if advised**, your scar site.

- Elevation – try to keep the foot raised (on pillows/cushions), with toes higher than your hip, when not walking.
**Assisted exercises**
Use a towel or something which does not stretch to assist with dorsiflexion, inversion and eversion exercises.

**Ankle slides**
Sit on a chair with feet flat on the floor. Slide your injured foot backwards along the floor, keeping your foot flat on the floor throughout.

Repeat___times.

**Toe crunching**
Sit on a chair and place a towel on the floor. Put your injured foot on the towel and using your toes ‘bunch’ the towel up and pull it towards you.

Repeat___times.
Seated heel raises
Sit in a chair with both feet flat on the floor. Raise your heels up off the floor then lower them back down slowly.
Repeat___times.

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If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call 01865 221 473 or email PALSJR@ouh.nhs.uk