

Physiotherapy Department

Ankle rehabilitation stage 2

Information for patients



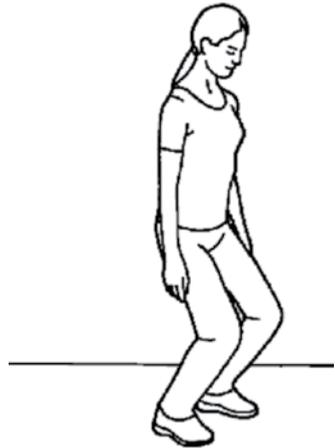
You have now reached the stage when you are aiming to:

- restore normal range of ankle movement
- restore normal muscle strength
- restore normal balance reactions.

You should practice these exercises at least 3 times per day. Start by doing each exercise 10 times then build up to 30 times.

1. Dips

Stand with weight equally on both feet (heels flat). Bend at the knees keeping your heels on the floor, allowing your knees to move over your toes. Keep your bottom tucked in and back straight.



2. Ankle stretch

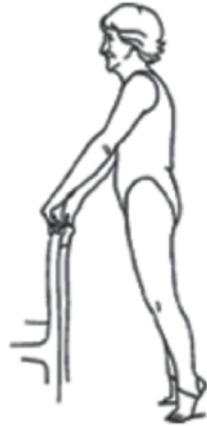
Kneel on all fours with your feet stretched and toes pointing behind you. Rock your weight backwards over your feet, stretching the front of your ankle. Hold for 5 seconds and release.



3. Heel raises

Stand with your feet slightly apart and weight evenly spread. Hold onto a support. Rise up on to your toes, lifting your heels as high as possible. Slowly lower your heels back down.

When ready, do this just on the affected leg.



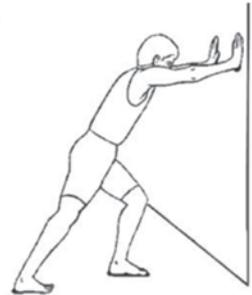
4. Calf stretches

Stand with your feet pointing forwards and with your affected leg behind you, keeping the heel down on the floor:

a) Bend your front knee, keeping your back leg straight. Hold for 30 seconds, repeat 3 times.

b) Bend both knees, still keeping your back heel on the floor. Hold for 30 seconds, Repeat 3 times.

a)



b)



5. Balance exercises

These exercises are important to prevent injury recurring. Stand on the just the affected leg and balance. Once you can do this for 30 seconds progress by:

- closing your eyes
- balancing on the ball of your foot
- standing on one leg whilst throwing and catching a ball.

Once you feel confident with the above exercises, try the following:

- a) walking on your toes
- b) walking on your heels
- c) stepping up and down on a low stool or step
- d) running in a straight line
- e) standing on a step, facing up the stairs. Lower your heels down below the level of the step as far as possible then raise up onto your toes.
- f) walking sideways.

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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**

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