

Physiotherapy Department

Ankle rehabilitation stage 1

Information for patients



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.

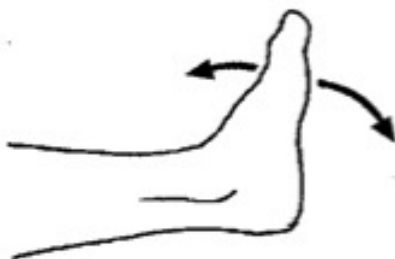
Exercises

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.

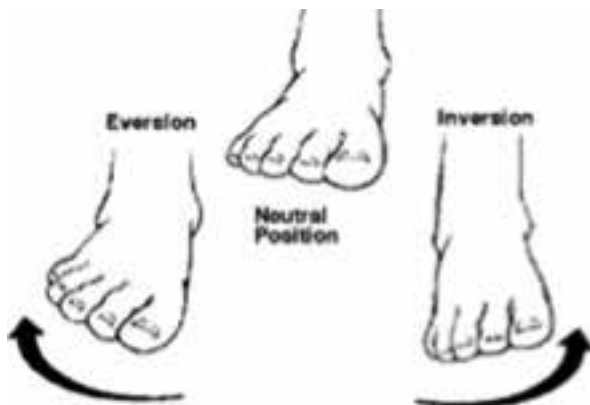
Repeat ___ times.



Inversion and eversion

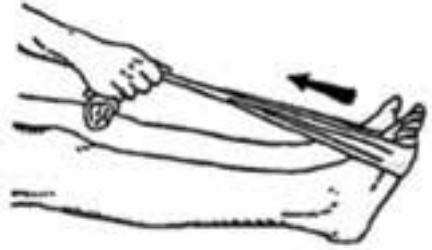
Turn the sole of your foot inwards and then outwards (keeping your knee still).

Repeat ___ times.



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.

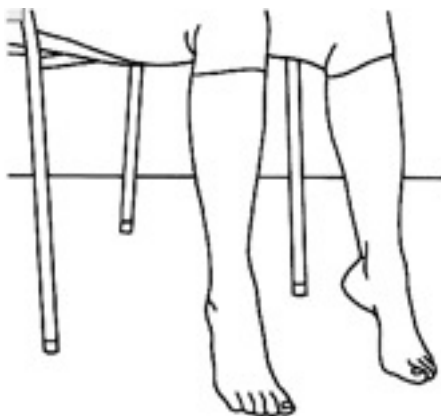
Repeat ___ times.



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.



How to contact us

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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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July 2014
Review: July 2017
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www.ouh.nhs.uk/patient-guide/leaflets/library.aspx

