

Ankle Exercises

Exercise 1



Circle your ankle in all directions.

Exercise 2



Move your ankle up and down.

Exercise 3



Using a belt or a tie, stretch your foot towards you.

Exercise 4



With your affected foot behind and keeping the knee straight, bend the front knee feeling a stretch in your calf.

Exercise 5



With your affected foot in front bend your knee attempting to touch the wall without raising your heel.

Exercise 6



In standing transfer your weight from side to side. Weight bear on the affected side as able.

Exercise 7



Stand on the affected leg. Hold onto something initially for support.

Progress to standing on one leg with your eyes closed.

Exercise 8



Rise up onto your tiptoes as many times as you are able.

Hold on for support if required.

Exercise 9



Progress to single heel raises once able.