

Ankle exercises from 6 weeks



From 6 weeks after cast removal

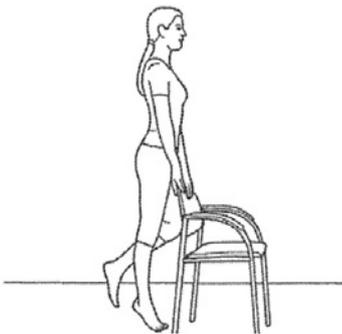
It has now been more than 6 weeks since the orthopaedic doctor was happy for you to start exercise and movement. To return to the activity you want to do, you will need to work on stretching and strengthening the ankle. The following exercises will help you to do this.

Exercises

Attempt to do exercises 3 times a day.

When doing the exercises you will feel some stretching or pressure in the foot and ankle. You may also feel some mild pain. These feelings should ease off with stopping the movement.

If you are feeling strong pain stop the painful exercises. Check with your physiotherapist or orthopaedic doctor before starting again.



Stand on the affected leg only, holding onto a stable surface (e.g. kitchen bench or wall).

Attempt to lift the heel off the floor, going up onto your toes. Hold yourself up on your toes for 5 seconds and then slowly lower down.

Repeat until you are tired in the calf muscle (usually around 10 times). Start with 1 set and build up to 3 sets, having a 30-60 second rest in between.

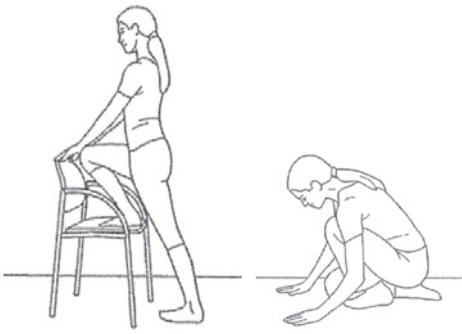
If you are finding this too easy place some weight in your hands (or in a back pack) to make it harder.



Place the front of your feet on the edge of a step and let your ankles lower down.

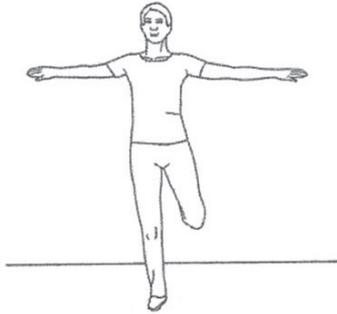
Hold this position for 10 seconds and repeat 3 times.

If this is easy then try just standing on the affected leg only to do the exercise. If this is easy try holding for longer, up to a minute.



Place the affected leg up on a chair. Lean forward and move your knee forward over the ankle, so that you stretch the ankle. Hold this position for 10 seconds and repeat 3 times.

If this is easy then try holding for longer, up to a minute. Or try to do the exercise crouched down on the floor (as pictured)

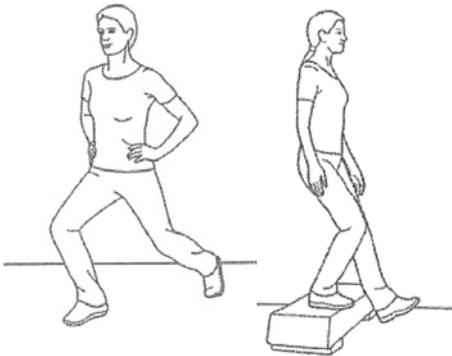


Stand close to a solid support such as a rail, table or kitchen counter.

Stand on the affected leg and raise up onto your toes, lifting the heel off the ground. Now try to maintain your balance for 20 seconds. Repeat this about 3 times.

When confident, practice this exercise with eyes closed.

To progress further, practice on a soft surface e.g. a folded towel, or in the sand.



Stand on both legs. Make sure the hip, knee and foot of the affected leg are all in a straight line facing forward.

Lunge onto the affected leg to increase the weight through your front foot.

Hold for 5 seconds and then return to start position. Do this 10 times, or until you are tired in the legs. Start with 1 set and build up to 3 sets.

If easy repeat with some weight in your hands, or try doing a mini squat down a step on one leg. The affected leg is on the step and lowering you down (as pictured).

Return to sport or running

If you would like to return to sports, you will need to build up your activity. When your leg strength has improved and you have good balance, then you can try jumping and hopping. Start with jumping. Start with small jumps forward, backwards, side to side. If easy, try larger jumps.

If jumping is too easy, try hopping on your affected leg. Start with small hops on the spot and then moving on to small hops forward, backward, side to side.

Once you feel comfortable with hopping you can begin to return to sports and running. Start with a jog around the block, or a light training session. As you feel comfortable slowly increase the time and distance you run.

For any questions contact Physiotherapy Departments on the following phone numbers:

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This brochure contains general information for patients being treated at Central Coast Local Health District. It is not a substitute for more detailed information from the Orthopaedic and Physiotherapy Department (OPD). If any exercise causes more than mild discomfort, stop and seek advice from the OPD.