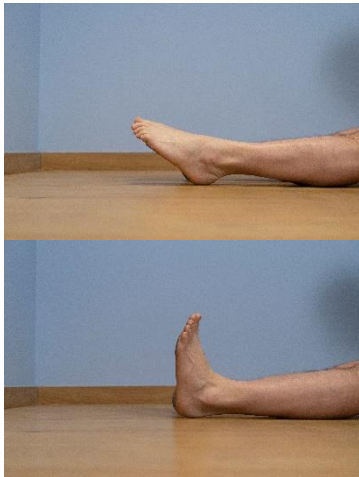


Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 4/10 whilst completing this exercise programme.



10 reps / 2-3 sets / 1 minute rest

1. Ankle active range of motion – plantarflexion/dorsiflexion

- Sit or lay with your legs out straight, feet off the floor.
- Point the ankles and toes away from you and then bend them up towards you.
- Stay within a comfortable range of movement.
- A moderate stretch is acceptable.



10 reps / 2-3 sets / 1 minute rest

2. Ankle active range of motion – inversion/eversion

- Sit or lay with your legs out straight, feet off the floor.
- Start with the ankle in a neutral position (ankle at 90 degrees, toes pointing to ceiling).
- Tilt the ankles inwards as if showing the soles of the feet to one another.
- Then turn them in the opposite direction as if turning the soles away from each other.
- Stay within a comfortable range of movement.
- A moderate stretch is acceptable.



10 reps / 2- 3 sets / 1 minute rest

3. Toe flexion/extension

- Sit or lay with your legs out straight.
- Have the ankles relaxed.
- 'Curl' all of your toes as if trying to grip something with them.
- Then, straighten the toes and try to extend and spread them apart.

We recommend consulting a musculoskeletal physiotherapist to ensure exercises are best suited to your recovery. If you are carrying out an exercise regime without consulting a healthcare professional, you do so at your own risk. If you have any concerns whilst completing these exercises, please contact a healthcare professional.