

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.

5 reps / 2-3 sets / 1 minute rest

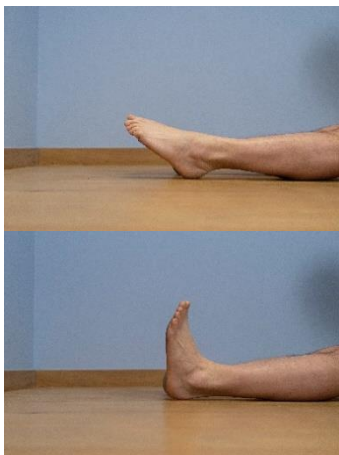


1. Isometric plantarflexion

- This exercise involves activating muscles around the ankle without moving the joint.
- Sit or lay with the legs out straight, feet off the floor and the ankles in neutral.
- As you look at your feet, place the non-affect foot behind the other so that the bottom of the affected foot is touching the top surface of the non-injured foot.
- Push away through the front part of the injured foot as if trying to point your ankle away from you.
- You should feel pressure through the top of the non-affected foot, resist against this to prevent the injured ankle from moving.
- Push with the injured foot at a pressure that you can comfortably hold.



15 reps / 2-3 sets / 1 minute rest

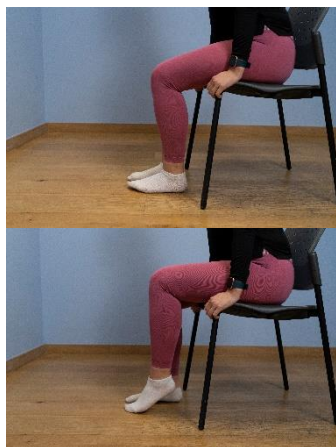


2. Seated double-leg heel raise

- Sit with your feet flat on the floor, knees bent.
- Rise up on your tip toes.
- Squeeze at the top of the movement for 3 seconds and then lower slowly.



15 reps / 2- 3 sets / 1 minute rest



3. Ankle active range of motion

- 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 movements, a moderate stretch is acceptable.

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.