



## Ankle range of movement exercises

This leaflet provides exercises for people following an ankle injury. The exercises are designed to help improve movement and function. They should be started as soon as advised by your physiotherapist. At first your ankle may feel stiff and possibly painful. 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.

### Ankle pumps

While lying down, pull your foot up towards you as far as you are able.

Hold for 5 seconds.

Then point your foot away from you as far as you are able.

Hold for 5 seconds.

Repeat \_\_\_\_\_ times.



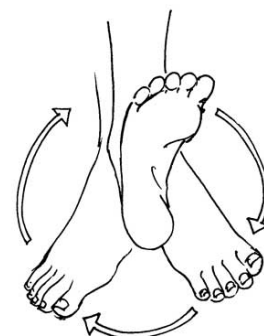
### Ankle circles

Do this exercise while sitting or lying down.

Move your ankle slowly in large circles.

Repeat in opposite direction.

Repeat \_\_\_\_\_ times.



### Inversion

Turn your sole of your foot inwards, while keeping your knee still.

Hold for 5 seconds.

Repeat \_\_\_\_\_ times.



## Eversion

Turn your sole of your foot outwards, while keeping your knee still.

Hold for 5 seconds

Repeat \_\_\_\_\_ times.



## Toe scrunching

Sit on a chair and place a towel on the floor.

Put your injured foot on the towel and 'bunch' the towel up using your toes.

Pull the towel towards you using your toes.

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.



Royal Berkshire NHS Foundation Trust Physiotherapy Department  
Royal Berkshire Hospital, London Road, Reading RG1 5AN  
Telephone Number: **0118 322 7811 / 7812**

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