

Ankle injuries

Remember:

- Remove splint / cast before exercising * staff to delete if not required
- Exercise as the pain allows – do not continue if it is too painful!
- Complete 10 of each exercise.
- As the exercises become easier, build up to completing four times a day.

Sitting down, with back support and your legs straight resting on a (bed/floor):

1. Point your toes away from you and then pull them up towards you.
2. Try to get the soles of your feet facing each other, then turn them away from each other but do not move your knees.
3. Draw circles with your foot, in each direction.

Sitting with your feet on the floor:

1. Lift the ball and toes of the foot up and down, keeping the heel on the floor. Progress this exercise by moving your feet back under the chair.
2. Lift your heel up and down, keeping the ball of the foot on the floor. Progress this exercise by moving your feet forward away from the chair.
3. Grip the floor with your toes, without curling them. Keep your heel on the floor – you should see the arch of your foot rise.

Standing:

1. Supporting yourself, rise up on tip-toes, then lower yourself slowly.
2. Practice balancing on one leg. Hold for 10 seconds. To progress this exercise, repeat with one eye closed and then with both eyes closed.

If your foot swells, sit with your foot supported so that it is higher than your hip, at least twice a day for half an hour. Move your foot up and down to help disperse the swelling. Massaging the area, sweeping the swelling towards and up the calf may also help. To overcome stiffness in your foot, do the exercises. Your foot may swell occasionally after an injury – this is normal.

Friends & Family Test: While you are in hospital please spare a few moments to answer one question - *Overall, how was your experience of our service?* - by filling in the card given or online by visiting www.royalberkshire.nhs.uk/surveys.

For more information about the Trust visit our website www.royalberkshire.nhs.uk

This document can be made available in other languages and formats upon request.

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