

Foot injuries

Remember:

- Remove brace / splint / cast before exercising * staff to delete as appropriate
 - 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.
1. Sit with your injured leg crossed over your good one, point the toes on your affected leg downwards and then pull them up slowly.
 2. Sit with your injured leg crossed over your good one, move the sole of the foot from side to side.
 3. Sit with your injured leg crossed over your good one, circle your foot, making as big a circle as possible. Repeat in opposite direction.
 4. With your feet flat on the floor, sit on a chair or stand up, stretch your feet out as much as possible. Then draw your toes in to make your foot as short as possible.
 5. Stand supported, rise up onto tip-toes, then lower yourself slowly.

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. 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 from time to time for up to one year.

Friends & Family Test: While you are in hospital please spare a few moments to answer one question 'Would you recommend our service to family and friends if they required similar care or treatment?' 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.

Fracture Clinic, December 2011

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