

### Active Dorsiflexion One Foot

Sit on the floor with your legs out straight. Bring your toes and foot towards you and relax. Repeat the movement to help improve mobility in your ankle joint. You can also hold the stretch to create a stretch in your calf muscle.



Video: <http://youtu.be/Dh-gaF-07Kc>

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### Active Dorsiflexion In Sitting Two Feet

Sit on the floor with your legs out straight. Bring your toes and feet towards you, then gradually control the movement back down. This will improve mobility in your ankles. You can also hold the stretch to create a calf muscle stretch.



Video: <http://youtu.be/ilaUgwF4WeA>

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### Foot Wave Front/Side

Sit on a chair with your feet flat on the floor. Breathe naturally throughout. Lift your big toes off the floor, then try to lift one toe at a time off the floor. Replace your toes down in sequence continuing one toe at a time, starting from the little toe. Make the exercise more challenging by standing your feet hip width apart.

Video: [http://youtu.be/GY6clW5r\\_CQ](http://youtu.be/GY6clW5r_CQ)

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## Walking on Outside of Feet

Walk on the outside of your feet. You can wear trainers to start with and progress to bare foot. Be careful not to lose balance, so proceed slowly. This is a great exercise to help train the arch of your foot, and to build muscle and ligament strength around your foot and ankle.

Video: <http://youtu.be/yTE4at69uu0>



## Active Dorsiflexion Chair One Foot

Sit down with your feet flat on the floor. Slowly lift your toes up on one side, but keeping your heel on the ground. Hold, then gradually control the movement back down. This acts as a calf pump, but also mobilises the ankle joint. You can also hold a stretch.

Video: <http://youtu.be/c97V2MZQYdM>



## Alphabet Ankle Sitting

Sitting bare foot, lift your foot off the floor. Use your toes and ankle to draw letters of the alphabet. Start with "a" and then progress right through the alphabet to "z". Keep each letter and movement controlled and specific.

Video: <http://youtu.be/foZVMfN2608>



## Alphabet Ankle Lying

Lying bare foot, lift your foot off the floor. Use your toes and ankle to draw letters of the alphabet. Start with "a" and then progress right through the alphabet to "z". Keep each letter and movement controlled and specific.

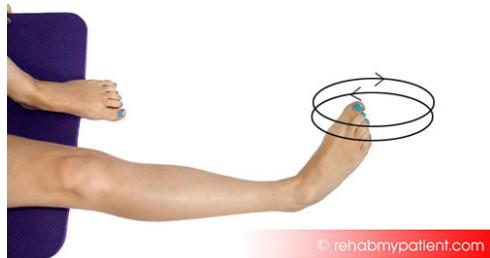
Video: <http://youtu.be/W20-j9YFaBY>



## Ankle Circles Lying

Lying on your back, move your ankles around in circles both anti-clockwise and clockwise. This is a great mobility exercise to the ankle, and very useful for ankle stiffness following a sprain.

Video: [http://youtu.be/Za8PFXDFp\\_M](http://youtu.be/Za8PFXDFp_M)



## Ankle Circles

Adopt the supine start position. and bend one knee. Clasp your hands around your thigh. Keep your leg still, and circle your foot outwards. Complete a full circle working from your ankle joint and keeping your foot lengthened. Complete up to five times before reversing the direction so your foot is turning inwards.

Video: <http://youtu.be/aMIO0lHAbc8>

## P.S. Additional advice sheet

You will find the advice sheet attached in your email

- [Ankle Pronation.pdf](#)
- [Ankle Sprain.pdf](#)