



Spikey Ball Standing Calf Stretch

Standing up, place the ball of your foot and toes onto a spiky ball. This will create a stretch to your calf muscle at the back of the leg. Hold this stretch.

Video: <http://youtu.be/K0HdgHa3-JE>



Spikey Ball Calf Massage

Sit on the floor and place a spiky ball under your calf muscle at the back of your lower leg. Use your hands to support your body, and lift your foot from the floor. Roll the ball up and down the back of your leg to create a localised massage to the calf muscles.

Video: <http://youtu.be/5N3LSQIAhmE>



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>



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>

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Ankle Circles Sitting

Sit down, and 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/6XX3R9ibBfw>



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



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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 Sprain.pdf](#)
- [- Ankle Instability.pdf](#)
- [- Ankle Impingement \(Anterior\).pdf](#)
- [- Ankle Fracture.pdf](#)
- [- Ankle Osteoarthritis.pdf](#)
- [- Ankle Pronation.pdf](#)
- [- Chronic Ankle Instability.pdf](#)
- [- Eversion Sprain of the Ankle.pdf](#)
- [- Pilon Fracture of the Ankle.pdf](#)
- [- Inversion Sprain of the Ankle.pdf](#)
- [- Gastrocnemius \(Calf\) Strain/Tear.pdf](#)
- [- Calf Strain/Tear.pdf](#)