

Exercise plan:  
**Ankle pain - MODERATE**

Patient:  
**CHCP WEBSITE EXERCISES**

Date:  
**05th Jun 2024**

Dear Patient,

You may experience some pain initially with your exercises, either during or afterwards. This is not unusual and should not last for a long time. If your pain continues to worsen or becomes more continuous and you feel this is related to the exercises, then please stop them and speak to your Physiotherapist. If it seems to be one exercise in particular, stop that one and speak to your Physiotherapist if required.

There are several ways to progress your exercises independently if you wish, these include: increasing the number of repetitions, increasing the number of sets, increasing how long you hold it for, or increasing the resistance/weight used. The same can be applied to make the exercises easier, by reducing those numbers.



### **Calf Heel Raise Two Legs**

Stand upright and hold onto a wall/table for balance if required. Slowly raise up onto your toes, and control the movement back down. This exercise will strengthen the calf muscles and ankle joints.

**Repetitions: 10-15 | Time: 2-3 times a day**

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



### **Dorsiflexion Stretch with towel**

Sitting on a chair, place a towel underneath the ball of your foot. Gently pull your toes towards you, with the towel. Hold this position, you should feel a stretch at the back of your leg, in your calf.

**Sets: 2-3 times a day | Repetitions: 2 | Time: hold for 20 seconds**

Video: <http://youtu.be/e2JPoAGU6F8>



## One Leg Stand Balance Knee Touch

Stand on one leg, and bend your knee up to 90-degrees while your opposite hand touches the outside of your knee. Try to hold this position for 5 seconds and repeat the other side. It's a great strengthening exercise especially to the quadricep (thigh) muscle, but also improves balance.

**Sets: 2-3 times a day | Repetitions: 5 | Time: hold up to 20 seconds | Both sides**

Video: [http://youtu.be/g\\_uXMs\\_y0ME](http://youtu.be/g_uXMs_y0ME)



## Sit-Down Chair Squat

Stand up, and position yourself in front of a chair or stool. Bend your knees to go into a squat position, and touch your butt on the chair. Then, push up and go into the standing position. Throughout the exercise, keep your knee in-line with your foot, do not let your knee drift outwards or inwards. Also keep your hips and pelvis level as you squat, so you go down in a straight line. Be careful not to slump forwards as you squat, maintain good posture.

**Repetitions: 8-12 | Time: 2-3 times a day**

Video: <https://youtu.be/Z20XNb0VdEk>