

Exercise plan:
Ankle pain - ADVANCED

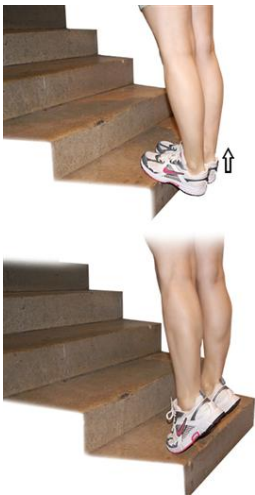
Patient:
CHCP WEBSITE EXERCISES

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 Step

Stand on a step, hold onto a hand rail for balance if required. Slowly raise up onto your toes, and control the movement back down just below the level of the step. This exercise will strengthen the calf muscles and ankle joints, but at the bottom of the movement put a stretch through the calves as well.

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

Video: http://youtu.be/jfKTT_hr8bk



One Leg Stand Forward Reach

Stand on one leg. Keeping your back straight, lean forward, bending your knee to touch the ground in front of you with both hands. Return to an upright position. This exercise can be tough so keep it within your comfort zone. It improves strength, balance and co-ordination in your leg.

Repetitions: 5-10 | Time: 2-3 times a day

Video: <http://youtu.be/dAZANlg1Vik>



Lunge

Take a step forwards, and bend the front knee past the vertical. The back knee drops towards the floor. Always keep good alignment: your knee should stay over the 2nd ray of your foot, and never let your knee drop inwards. Only go as far as feels comfortable. This is a lower limb strengthening exercise.

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

Video: <http://youtu.be/xASFze7P-Fs>



Box Step Side

Step onto a box or step to your side, placing both feet on the step, and then step down. You can step off the same side, or step off the other side of the box.

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

Video: http://youtu.be/7QR_lew1f7Y