

Exercise plan: New onset of ankle pain - EASY	Patient: CHCP WEBSITE EXERCISES	Date: 09th Jun 2023
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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.



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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.

Repetitions: 1-2 times through the alphabet | Time: twice a day

Video: <https://youtu.be/fOIPm4PmvA>



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Calf Heel Raise Sitting

Sit upright on a chair, with your feet flat on the floor. Slowly raise your legs up onto your toes. Hold, and gradually control the movement back down to the starting position. This is a useful calf pump exercise to improve circulation to your lower legs, as well as improving mobility of the ankle joints.

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

Video: <http://youtu.be/aujGDKa4o8k>



Side-Step

Stand with your feet together, and step to the side, and then back to the start position, then to the other side. It's a useful co-ordination exercise during ankle and knee rehabilitation.

Repetitions: 10 steps each way | Time: 2-3 times a day

Video: http://youtu.be/4eIJQ8As_4I



Marching on the Spot with Support

Stand upright with good posture, holding on to a wall or table for support. March on the spot. Keep your knees up as high as feels comfortable. This exercise is good for knee mobility, endurance, balance and co-ordination.

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

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