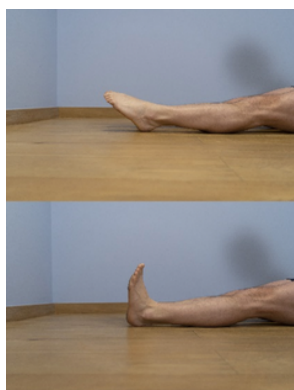


Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 3/10 whilst completing this exercise programme.



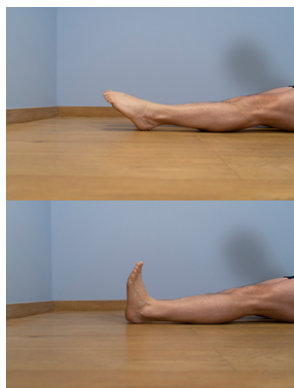
1. Ankle active range of motion

- Sit or lay with your legs out straight, feet off the floor.
- Point the ankles and toes away from you and then bend them up towards you.
- Stay within a comfortable range of movement.
- A moderate stretch is acceptable.
- **Perform this exercise up to 10 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**



2. Isometric plantarflexion

- Stand at the bottom of the step facing it.
- Stand upright on the step with only the front half of each foot on the step so that the heels drop down – have a wall/stable object nearby to assist with balance.
- Push down through the front of the feet as if going up on your tip toes – the heel will begin to rise.
- Hold position for 5 seconds.
- Lift the heels as high as possible and then with control, slowly lower the heels all the way down over the course of a 5 second count.
- **Perform this exercise up to 10 times, rest for 1 minute.**



3. Isometric dorsiflexion

- This exercise involves activating muscles around the ankle without moving the joint.
- Sit or lay with the legs out straight, feet off the floor and the ankles in neutral.
- Gently and gradually pull the ankle and toes of the injured foot up towards you as if trying to bend the ankle.
- You should feel pressure through the sole of the non-affected foot, resist against this to prevent the injured ankle from moving.
- Pull with the injured foot at a pressure that you can comfortably hold
- **Perform this exercise up to 10 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**