

ANKLE PHYSIOTHERAPY EXERCISES

- PHASE II

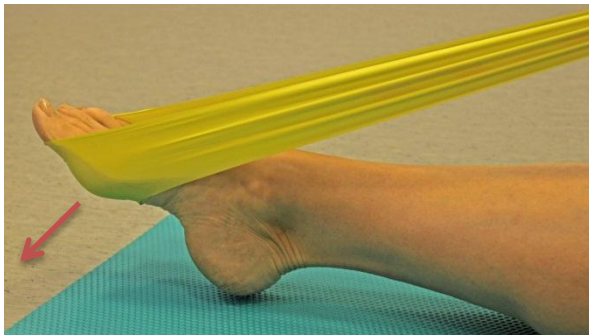
You can move to phase II when the ankle is fit enough for the exercises of phase I.

Do exercises daily as the pain allows. Begin with 10 to 15 repetitions and increase the number of sets and repetitions as the ankle improves.

In the exercises in pictures 1 to 4, the rubber band resists movement in the direction indicated by the arrow.

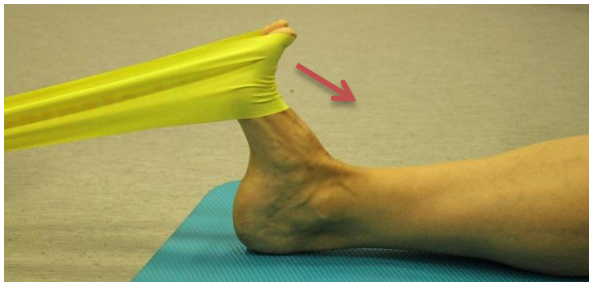
1. Ankle extension

Keep your ankle in the middle position. Extend your ankle and return to the middle position, resisting movement.



2. Ankle flexion

Flex your ankle and return to the middle position, resisting movement.



3. Outwards ankle rotation

Keep your heel on the floor and rotate and lift your foot outwards (little toe side up).



4. Inwards ankle rotation

Rotate and lift your foot inwards (big toe side up).



5. Standing on tiptoe

First standing on two feet, then on one foot, and then without support.



6. Try balancing on a wobble board, on a pillow or on another soft surface, first standing on two feet, then on one foot.



7. Test ankle control with light jumps on the spot. When you can do this, switch to jumps on one foot. Jump from side to side (e.g. back and forth over a stick on one foot). If you can do this, you can return to more strenuous exercise.

8. Functional capacity recovery order:

Move to the next phase only if the previous phase has gone well.

- Standing with weight on both feet
- Easy walking without a limp
- Slow running
- Easy and painless running
- Jumps on just one foot
- Sports

*Article written in 2012
by physiotherapists
Päivi Hamari and
Seija Salmikivi*