

ANKLE STRETCHING

You can stretch the ankle slowly and gently already during the first phase. Mild pain is common in the first phase. You should not start more strenuous stretching before the injured tissue has healed (4 to 6 weeks after the injury). To begin with, stretch your ankle for only 10 to 15 seconds. Increase the duration and strenuousness of stretching gradually (stretching 2 to 3 times for 20 to 30 seconds). The best results are achieved by stretching regularly several times a week.

1. Calf stretch

Bring your body weight forward by leaning onto a table.



2. Achilles tendon stretch

Flex your knee slightly.



3. Stretching the front part of the ankle
Slide your ankle forward.



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