

**More advanced exercises** - perform these once you can put more weight through your foot comfortably.

- Put your foot up onto a step or low stool, lean forwards as much as is comfortable keeping your heel down.



- Go up onto the balls of your feet. You can start by doing this sitting, progress to standing holding on, then without holding on.



- To improve your balance stand with your feet close together. To progress, stand on one leg holding on, then without holding on.



**More information on sprains & strains can be found on the NHS choices website at [www.nhs.uk/conditions](http://www.nhs.uk/conditions).**

The Trust endeavours to ensure that the information given here is accurate and impartial.

If you require this information in another language, large print, audio (CD or tape) or braille, please email the Patient Information team at [patient.information@ulh.nhs.uk](mailto:patient.information@ulh.nhs.uk)

## Foot and ankle exercises

Physiotherapy Departments

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[www.ulh.nhs.uk](http://www.ulh.nhs.uk)

## Foot and ankle rehabilitation exercises and information

Exercise is an important part of recovering from an injury, or a healed fracture around your foot and ankle. The aim of exercise is to regain normal movement, strength and function of your foot and ankle as quickly as possible. You may have had a recent ligament injury or had a fracture and recent cast removal, the principles are the same.

### Pain and Swelling

Pain and swelling are common, which may be helped by:

- Elevating your leg. This can be done on a pillow or footstool.
- Ice can help pain and swelling. Wrap ice or frozen peas in a damp tea towel and apply to the knee for a maximum of 15 minutes. This can be repeated several times a day as required.
- Painkillers can also help. Speak to your pharmacist or GP if you require further advice on painkillers.

### Walking

- Always try and walk as normally as possible. You will be instructed if you are not able to fully weight bear.
- You may be given elbow crutches in the early stages as pain and swelling may limit your ability to walk. These should be reduced to one crutch (use the crutch on the opposite side to your injury) and discard as soon as you can tolerate.
- Gradually increase your walking and activities as the pain and swelling reduce.

### Exercise

- Exercise is important to regain the normal strength and movement. This should be gentle to start with and not cause any significant pain. As the exercise become easier you can increase the repetitions.
- Try doing the following exercises 3 to 4 times a day, starting with about 10 repetitions.

### Ankle exercises

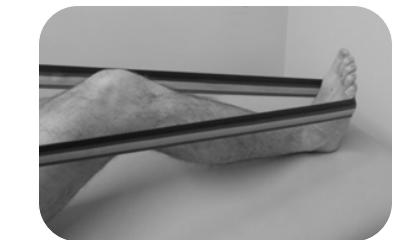
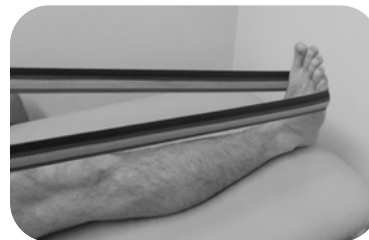
- Bend and straighten your ankles.



- Circle your ankles one way, then the other.



- With a strap around the ball of your foot pull your foot towards you, hold for a few seconds and release. Do this with your knee straight and bent.



- Sitting, turn your foot inwards and outwards.

