

## PATIENT INFORMATION

# Foot and Ankle Exercises

Advice for patients, relatives and carers

### Gentle foot and ankle exercises

Exercises should be done little and often, at least 3 or 4 times a day. Repeat each exercise 10 to 15 times.

1. Pull foot up towards you and then point toes down. You can increase the stretch by placing a strap under the ball of your foot and pulling gently towards you.
2. Turn the foot inwards and outwards while keeping the knee still
3. Circle the foot around and then circle in the opposite direction
4. With the foot flat on the floor, draw toes gently towards the heel to lift the inside arch of the foot.

Stand holding onto a worktop or table. Take your weight onto the affected leg and try to balance on one leg. As you improve you should be able to let go with your hands and increase the length of time you can hold this position (up to 1 minute).

### What to Expect?

Your ankle's movement and strength will improve over several months. It is important to carry on with these exercises. It is normal to feel some discomfort when moving your ankle initially, but this should reduce with time.

There are plenty of advice videos that can be found on the web page below:  
[www.torbayandsouthdevon.nhs.uk/services/physiotherapy/support-videos/](http://www.torbayandsouthdevon.nhs.uk/services/physiotherapy/support-videos/)

Videos that may be useful are:

**“How to care for an injury to a joint at home”**

If you have been given crutches the following videos may also be helpful

**“How to walk with crutches”**

**“How to sit down with crutches”**

**“How to go up and down stairs with crutches”**

Continue to use your walking aids as necessary. If using one stick or crutch, use it in the opposite hand.

If your swelling persists during the day, try resting with your leg elevated on a stool.

**If your pain gets worse or you are concerned about your injury, please contact us on: 01803 655136 (Monday - Friday 0900-1600)**

If there is no improvement after 2 weeks, then you can self-refer into physiotherapy for assessment and advice. The physiotherapist can guide you on how and when to progress your exercises, depending on your level of pain and function.

### **[To refer yourself for Physiotherapy](#)**

**Please Call: 0300 456 9987 (local rate)**

Monday-Friday 08:30 – 12:00 noon (excluding bank holidays)

**Or visit:**

**[www.torbayandsouthdevon.nhs.uk/physiopkb](http://www.torbayandsouthdevon.nhs.uk/physiopkb)**

All initial physiotherapy consultations are a video call appointment with an Enhanced Clinical Practice (ECP) Physiotherapist.

There are a limited number of initial face-to-face appointments for patients without technology but the waits for these may be longer.

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For further assistance or to receive this information in a different format, please contact the department which created this leaflet.

