

Ankle and balance exercises

Ankle sprain



How to use this sheet. Do the exercises slowly. Stop before the pain builds — mild discomfort is fine, sharp pain is not. A little every day beats a lot once a week.

1 Ankle circles



Move the ankle slowly in circles both ways.

10 each way

4 times a day

✓ **Should feel**

The ankle loosening

✗ **Should not feel**

Sharp pain



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Nallasopara West 87665 22099 · 12–2 pm, 7.30–9.30 pm

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Monday to Saturday · Sunday by prior appointment only

2

Single-leg balance



Stand on the injured leg. When steady, try it with eyes closed. **This is the exercise that prevents the next sprain.**

30 seconds

3 times a day

✓ **Should feel**

Working to stay steady

✗ **Should not feel**

Giving way — hold a support



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3

Heel-to-toe walking



Walk in a straight line placing heel to toe.

10 steps

Daily

✓ **Should feel**

Control

✗ **Should not feel**

Wobbling badly — use a wall



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Calf raises



Rise on both toes, progress to one.

15 times

Daily

✓ **Should feel**
The calf working

✗ **Should not feel**
Ankle pain



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Toe raises

Lift the toes and front of the foot up.

15 times**Daily****✓ Should feel**

The front of the shin working

✗ Should not feel

Cramp

Stop and telephone us if

- The pain is getting worse, not better, after two weeks
- You get new numbness, tingling or weakness
- The joint swells up or locks
- You feel unwell or feverish

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