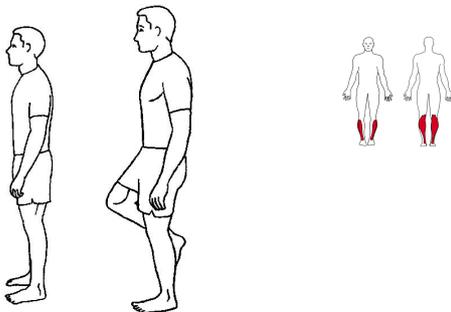


These are our top 3 ankle rehabilitation exercises (1, 3, 5). You will find a progression to each exercise (2, 4, 6) so when you become proficient with the first exercises, progress onto the more challenging exercises. Repeat at least 3 times per week to see an effect.

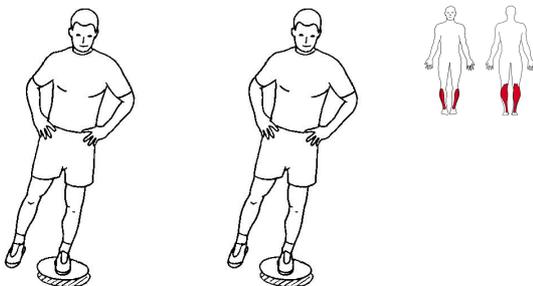


1. Stand on one leg

Stand on one leg with your knee and hip slightly bent and slightly leaning forward. We are trying to improve your foot and ankle reactions so allow your foot and ankle to react to the movement rather than stiffening your foot. Hold for 15-20 seconds and repeat 3-5 times.

Once completing with ease, move to exercise 2 on the sheet

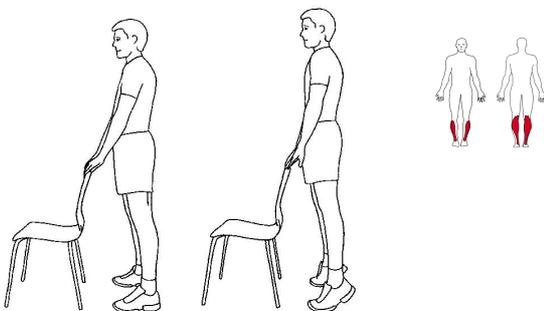
Sets: 3-5 , Duration: 20 sec



2. Stand on one leg progression --> balance board

Stand on one leg on the balance board and try to keep your balance. We are trying to improve your foot and ankle reactions so allow your foot and ankle to react to the movement rather than stiffening your foot. Hold for 15-20 seconds and repeat 3-5 times.

Sets: 3-5 , Duration: 20 sec



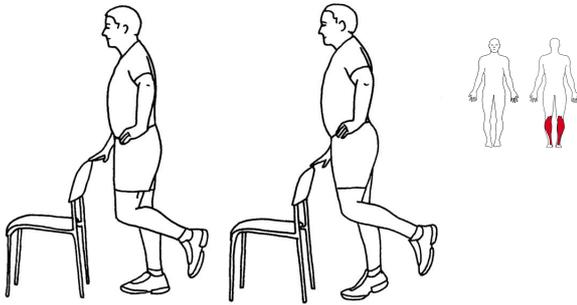
3. Calf Raise with chair support

Stand up with both hands supported by the back of a chair, a handle or similar. As this isn't a balance exercise, we want to feel this working through your calf muscles. Stand with the feet approx. shoulders width apart. Lift both heels and stand on the toes. Return to the starting position and repeat. Aim to push through your big toe/2nd toe instead of falling onto the outside of your foot. Repeat 8-12 times for 3-5 sets.

Once able to complete, move onto exercise 4 on your sheet.

Sets: 3-5 , Reps: 8-12

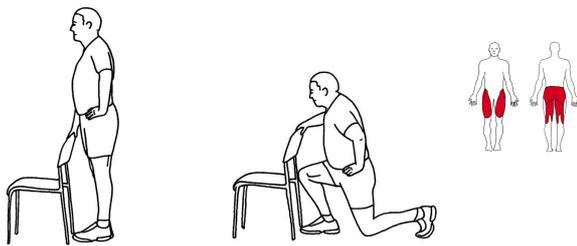




4. Calf raise progression --> Single Leg Calf Raise with Support

Stand behind a chair on one foot, place one hand on the backrest as support. As this isn't a balance exercise, we want to feel this working through your calf muscles. Raise your heel and push upward until you are on your toes. Lower yourself slowly back down. Aim to push through your big toe/2nd toe instead of falling onto the outside of your foot. Repeat 8-12 times for 3-5 sets.

Sets: 3-5 , Reps: 8-12

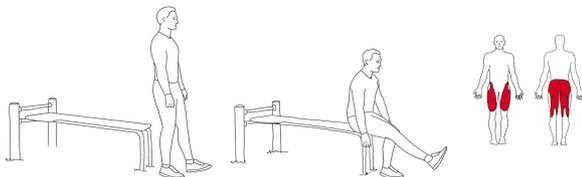


5. Reverse Lunge with support

Stand behind a chair, place one hand on the backrest as support. Place your other hand on your hip. Take a long step backwards. When your body is in balance, lower your body straight down steadily, so your knee on your back leg touches the floor. Kick back with your front foot and return to starting position. Keep your upper body straight during the entire movement. Repeat 8-12 times for 3-5 sets.

Once completing with ease, move to exercise 6 on the sheet

Sets: 3-5 , Reps: 8-12



6. Reverse lunge progression --> Single leg squat

From a standing position. Put your weight on one leg while you stretch out the other. Lower yourself slowly down to a sitting position. Stand up using one leg. This is quite the challenge for your ankle, knee and hip and is fantastic for improving lower limb strength. Repeat 8-12 times for 3-5 sets.

Sets: 3-5 , Reps: 8-12



 Show video