



## Ankle range of motion exercises

Following surgery the ankle is either involved or has been immobilised in a cast or boot. It is important to maintain ankle motion to prevent stiffness.

The following is a guide for your ankle motion exercises which are an initial part of your recovery. You may require ongoing guidance from a physiotherapist to optimise your outcome with specific exercises.

Ankle range of motion should be active- that is, you need to initiate the movement. Do not use a towel or similar to stretch further unless instructed by Mr Curry or your physiotherapist.

### Instructions

**Hold each position for 30 seconds 3 times daily**

**Perform the alphabet 3 times daily**

**Avoid stretching to the point of pain**

#### Plantarflexion

Point the toes away from the knee



#### Dorsiflexion

Pulling your toes and ankle up towards your knee



#### Inversion

Turning your foot towards the opposite foot



#### Eversion

Turning your foot away from the opposite foot



#### Writing the alphabet with your foot

