

## Patient information factsheet

# Ankle mobilising exercises

Try to complete the exercises at least three times a day.  
Keep your foot elevated (up) to decrease swelling.  
Apply ice, wrapped in a pillowcase or tea towel, to your foot and ankle for ten minutes every hour.



1. Lying on your back or sitting up in bed, point your toes away and towards you.

Repeat 15 times.



2. Lying on your back or sitting up in bed, turn your feet inwards so your soles of your feet are facing each other, then turn your feet outwards.

Repeat 15 times.



3. Lying on your back or sitting up in bed, keep your knee straight then pull your toes towards you.

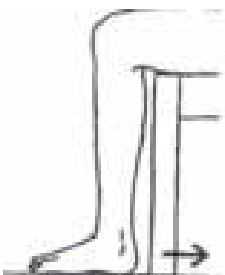
Apply a gentle pressure using a belt or towel and hold for 30 seconds.

Repeat ten times.



4. Sitting with your feet on the floor, lift your heels up and down.

Repeat fifteen times.



5. Sitting with your feet on the floor, slide your foot underneath the chair, keeping your heel on the floor.

Repeat ten times.

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6. Stand holding onto a supportive surface, and stretch one leg behind you, with your knee straight, and your foot flat on the floor.

Lean your body forwards until you feel a stretch in your calf muscle.

Hold for 30 seconds and repeat three times.



7. Stand holding onto a supportive surface. Stretch one leg behind you, with your knee bent and your foot flat on the floor.

Gently bend both your knees until you feel a stretch in your lower calf muscle.

Hold for 30 seconds and repeat three times.

## Contact details

Orthopaedic physiotherapy team  
Southampton General Hospital  
Tremona Road  
Southampton  
SO16 6YD

Tel: 023 8079 4452

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