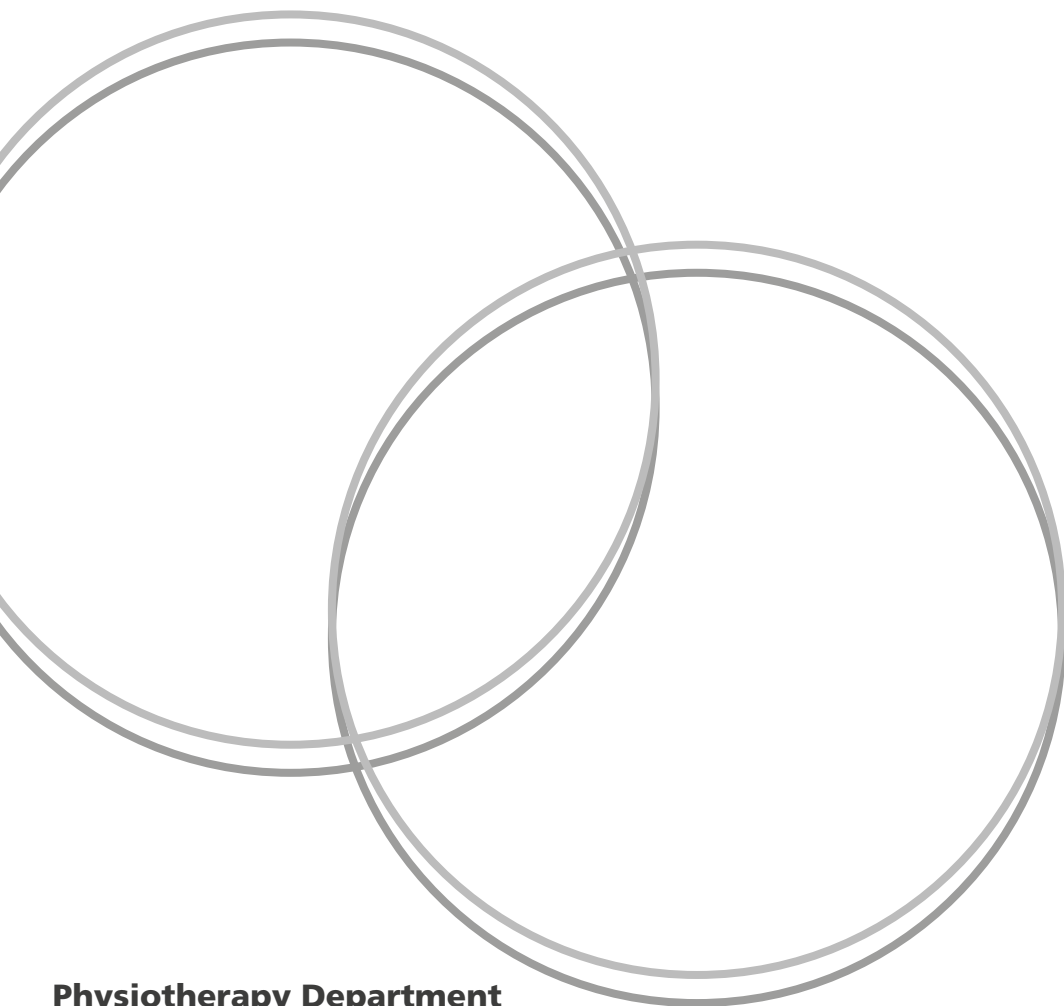


# Ankle Rehabilitation After Injury Stage 1

**Information for patients**



It is now important to start to get your foot and ankle moving normally.

- If you have just had your plaster removed and **you are allowed to get any wounds you have wet**, soak your ankle in warm water for 5 to 10mins to remove any dry skin.
- You should be regularly moisturising any dry skin, **and if advised**, your scar site.
- Try to keep your foot raised (elevated) on a pillow or cushion with toes higher than your hip, when resting.

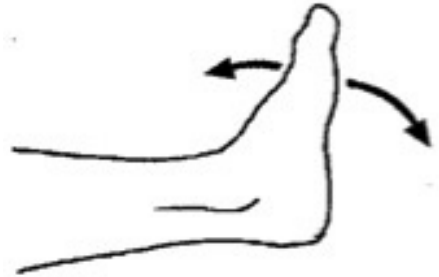
## Exercises

At first your ankle will feel stiff and possibly painful. This is because it has been held in one position. By exercising regularly the feeling of stiffness and pain will gradually ease. The following exercises need to be done regularly; 3 to 4 times per day.

Please follow your physiotherapist's guidance on the number of repetitions for each exercise.

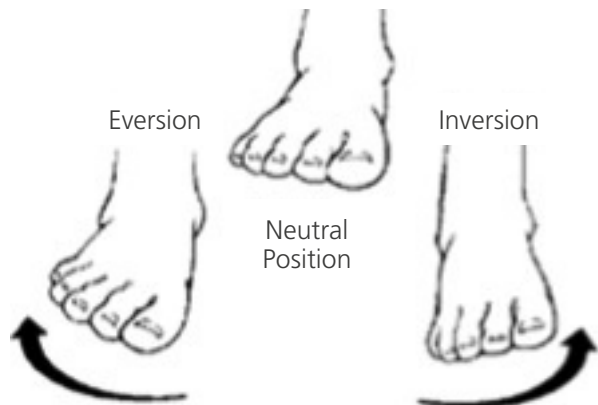
### Moving ankle up and down (dorsiflexion and plantarflexion)

Pull your foot upwards as far as you are able, hold for 5 seconds, and then point your foot away from you as far as you are able, hold for 5 seconds.



### Turning ankle inwards and outwards (inversion and eversion)

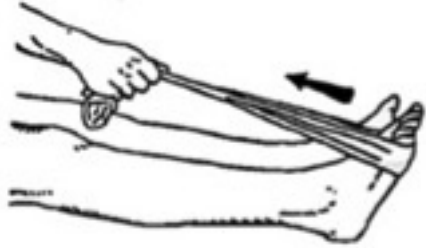
Turn the sole of your foot inwards and then outwards (keeping your knee still).



## Assisted exercises

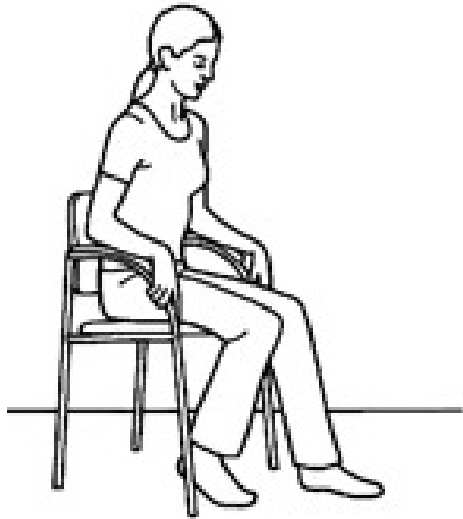
Use a towel or something which does not stretch to assist with the previous two exercises – pulling the foot upwards, inwards and outwards.

Hold for 5 seconds.



## Ankle slides

Sit on a chair with your feet flat on the floor. Slide your injured foot backwards along the floor, keeping your foot flat on the floor throughout.



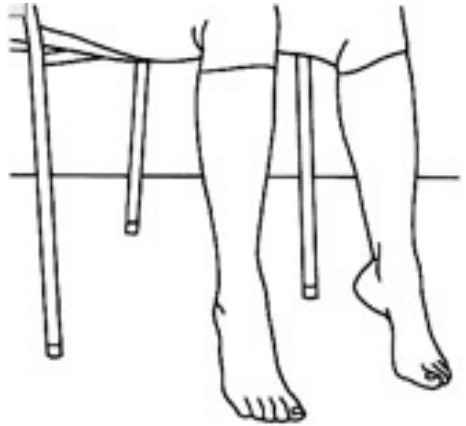
### **Toe scrunching**

Sit on a chair and place a towel on the floor. Put your injured foot on the towel and using your toes 'bunch' the towel up and pull it towards you.



### **Seated heel raises**

Sit on a chair with both feet flat on the floor. Raise your heels up off the floor then lower them back down slowly.



## **How to contact us**

### **Trauma Physiotherapy Outpatients**

John Radcliffe Hospital

Telephone: 01865 221 540

### **Physiotherapy Outpatient Department**

Horton Hospital

Telephone: 01295 229 432

### **Physiotherapy Outpatient Department**

Nuffield Orthopaedic Centre

Telephone: 01865 738 074

## Disclaimer

The exercises within this leaflet are a guide only and before starting them you should consult your physiotherapist or doctor to ensure that they are suitable for your needs.

The information in this leaflet does not override any advice or information or restrictions given by your doctor or physiotherapist.

If you have any pain or questions when completing these exercises then please contact your physiotherapist.

A video of this leaflet can be accessed by scanning this QR code or visiting:

**[www.ouh.nhs.uk/physiotherapy/  
outpatients/videos](http://www.ouh.nhs.uk/physiotherapy/outpatients/videos)**

- Select 'Physiotherapy exercise leaflets in video format'.
- Select the appropriate exercises on the right hand side of the screen (desktop) or through the down arrow under the main picture on a mobile.



## Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

Author: Physiotherapy Department  
September 2024  
Review: September 2027  
Oxford University Hospitals NHS Foundation Trust  
[www.ouh.nhs.uk/information](http://www.ouh.nhs.uk/information)



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