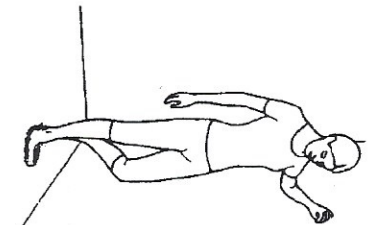


Position your body against a wall as shown with injured foot behind, point toes directly toward wall and keep heel down. Lean into wall as shown so that you feel a stretch in your calf.

Hold 30 seconds.

Repeat 3 times.

Repeat 2-3 times per day.



Do this balance exercise only if you're allowed to fully weightbear. Stand close to a wall or table for support, and stand on your injured leg. Let go of your hands and try and balance on the injured leg.

Hold for 10 seconds.

Repeat 10 times.

Repeat 2-3 times per day.



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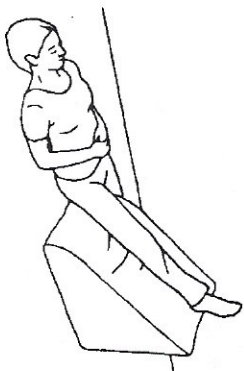
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ANKLE

EXERCISES

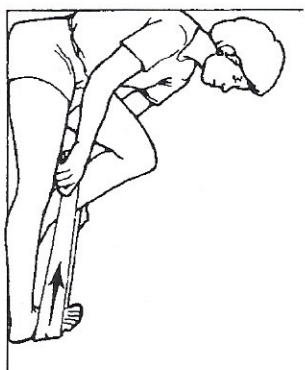


If you have swelling in your leg.
Lie with your leg well supported and
your foot above your hip.



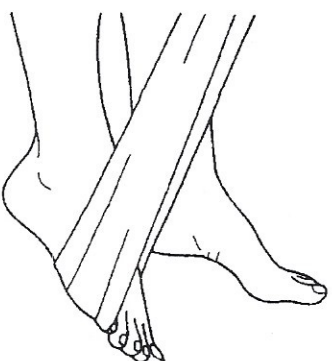
Move ankle up toward your body as far
as possible. Hold 2-3 seconds. Now
point toe away from your body. Hold
2-3 seconds.

Repeat 30 times.
Repeat 3 times per day.



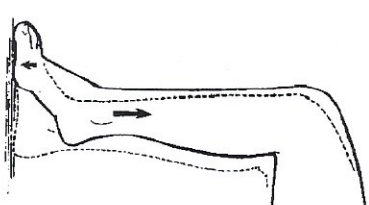
Sit on floor with a towel or strap around
your injured foot as shown. Pull top of
foot toward your body so that you feel
a stretch in your calf.

Hold 5 seconds.
Repeat 30 times.
Repeat 3 times per day.



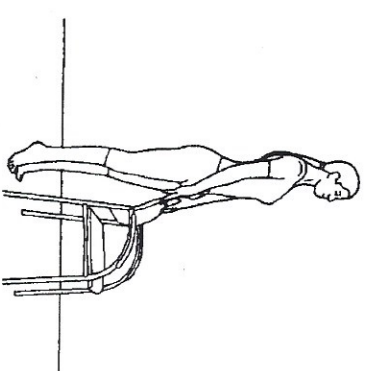
Sit on floor or on a chair. Put a rubber
exercise band around your foot.
Point your toes towards the floor.
Slowly return to starting position.

Repeat 30 times.
Repeat 2-3 times per day.



Sit in a chair with your feet touching the
floor. Push toes down to raise heel as shown.

Hold 5 seconds.
Repeat 30 times.
Repeat 3 times per day.



If you're allowed to fully weight bear, then
stand on your feet and push up on your toes.

Repeat 30 times.
Repeat 3 times per day.