

Notes :

Undertake exercises little and often as pain allows.

1 Ankle passive mobility

Bring your foot as far as you can toward the inside and outside with your hand.



2 Stretching inversion/eversion

Sit and loop a towel or belt around the base of your foot, ensuring the towel or belt is on the front half of your foot.

For inversion (supination), pull on the inside portion of the towel until a stretch is felt on the outside of your foot.

For eversion (pronation), pull on the outside portion of the towel until a stretch is felt on the inside of your foot.

Maintain the stretch and relax.



3 Resisted plantar flexion

Sit straight on a chair with your feet flat on the floor.

Flex the ankle to go on the tip of your toes, raising the heel off the ground.
Lower and repeat.

