

**Notes :**

Undertake exercises little and often as pain allows

**1 Ankles circumduction**



Sit down straight and trace circles with your foot by turning your ankle in one direction without moving the knee.  
Return to the middle and repeat in the other direction.

**2 Plantar/dorsiflexion**



Lie on your back.  
Point your toes up and down as far as you can.  
Relax your feet.