

Ankle exercises following fracture

Information for patients

Your treatment will depend on how severe your injury is. In most cases treatment will follow the advice below. In more severe cases you may require crutches and a walker boot.

This information leaflet provides guidance on the amount of exercises you should aim to do.

However let pain be a guidance on how much you can do. Aim to do as much as you can within the amounts given. At first your ankle may feel stiff and painful. The discomfort and swelling will ease and settle as you continue to exercise. This may take a few weeks to months after an injury.

Pain relief

Take over the counter painkillers as needed. Elevate and apply a cold pack on the ankle to help with swelling if required.

General advice

Avoid dangling your ankle for prolonged periods of time to avoid the onset of swelling in your ankle and foot.

If you do notice swelling try to keep the area elevated and do your exercises regularly.

Driving: You should allow a period of approximately six weeks before driving and you need to be certain that you have enough strength and control to drive safely.

Your cast or boot needs to be removed before driving.

Time off work: Most people are back at work once their cast has been removed, however this is dependent on the nature of your job. It is usually around 12 weeks before you can return to a manual heavy job

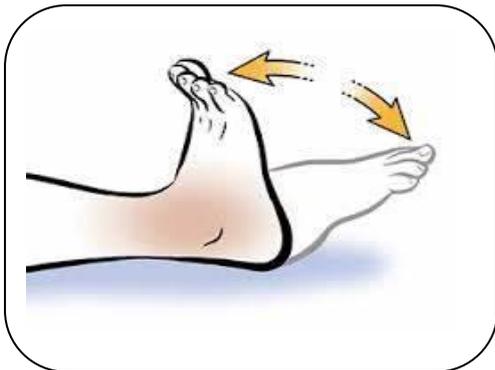
Initial exercises (3-4 times a day)

Ankle and foot range of movement exercises. Repeat these 10 times each.

Dorsiflexion and Plantarflexion;

Point your foot up and down within a comfortable range of movement. Hold for 5 seconds in each direction.

Repeat 10 times each

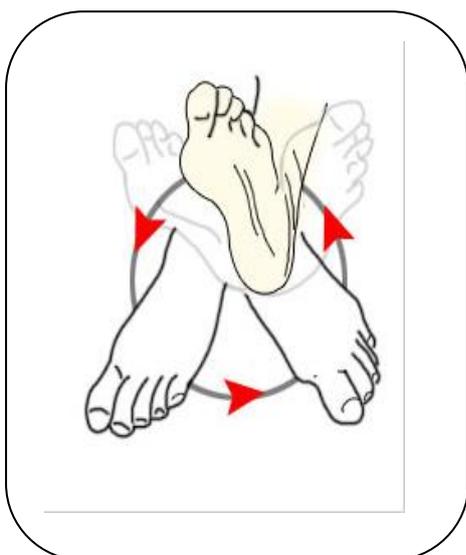


Inversion and eversion;

Make circles with your foot in one direction and then change direction as in picture

Complete 3 circles in one direction, then 3 in the other direction.

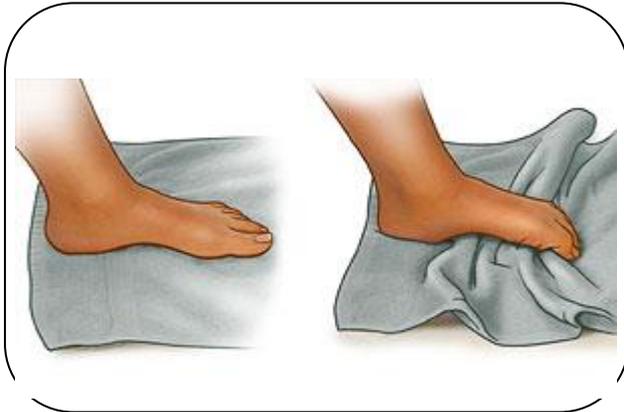
Repeat this 10 times



Toe Crunches;

Sit on a chair and place a towel on the floor. Using your injured foot bunch the towel up towards you using your toes.

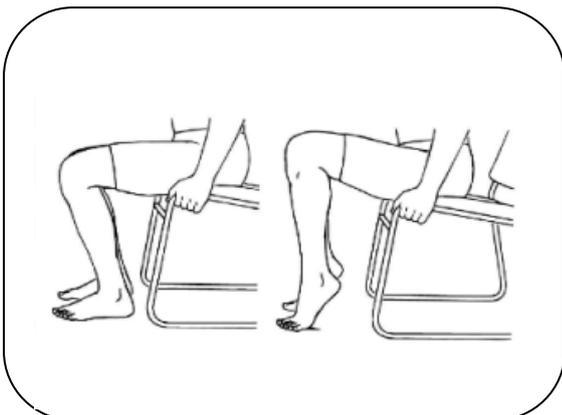
Repeat this 5 times.



Seated heel raises;

Sit on a chair with your feet flat. Raise your heels and hold for 5 seconds. Then lower the heels to the floor slowly.

Repeat this 10 times



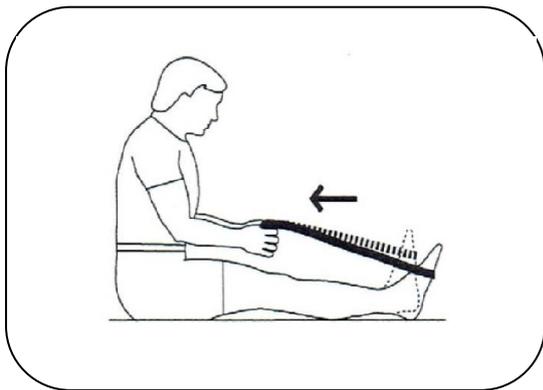
**Exercises from week two onwards (or when discomfort and swelling allow-
This can vary among patients and different severities of injuries)**

Ankle stretch;

Sit with your leg straight out in front of you. Put a towel/bandage/pair of tights around your foot and pull it towards you.

Feel a stretch in the back of your calf. Hold this for up to 30 seconds and repeat 3 times.

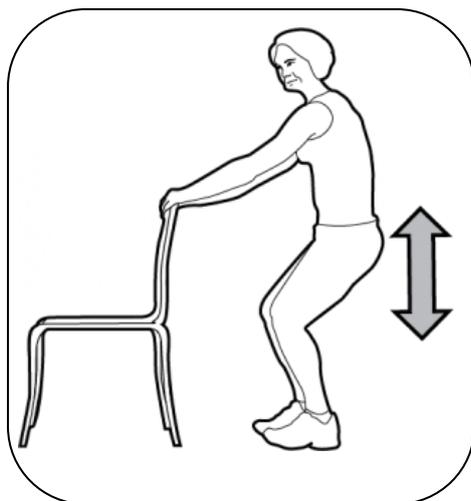
It may be helpful to put a pillow behind your knee to start with. As this exercise becomes more comfortable the pillow can be removed.



Mini Squat;

Hold on to a chair or a table and gently bend your knees keeping your heels on the floor. Keep your back straight and your bottom tucked in. Hold for 5 seconds and slowly stand up.

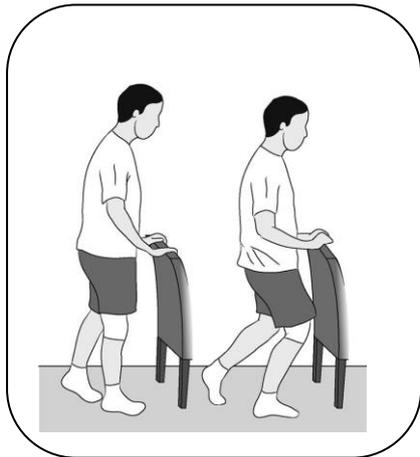
Repeat this 10 times



Restoring balance;

These exercises are important to prevent injury recurring. Please only do these exercises if you are comfortable and supported. If you had previous balance or mobility issues please do NOT do these exercises.

Holding onto a support stand on the injured leg with the uninjured leg lifted from the floor.



Once you are able to do this for 30 seconds you can try to this on tiptoes or with your eyes closed.

Once you feel comfortable with the above exercises try;

Walking on your tiptoes

Walking on your heels

Walking sideways

Stepping on to a low step or stool

Standing on a low step, facing the stairs, place your heels just over the edge and lower your heels just below the edge of the step, then stand up onto your tiptoes.

If you have any comments or concerns you can contact the physiotherapy department 01642 835709.