

Ankle Exercises

Virtual Fracture Clinic

Department of Orthopaedic Surgery

Medway NHS Foundation Trust

It is important to undertake exercise to help with your recovery. You can follow these exercises if you have injured your:

- Foot/Ankle Soft Tissue Injury
- Stable ankle Fractures
- Foot/Ankle Avulsion Fracture
- Calf Muscle Injuries

If you experience any problems, or a significant and sustained increase in your pain, please get in touch with the Virtual Fracture clinic on **07760 553994**. **Whilst the clinic is running, we are unable to take calls so leave a voicemail with your full name, date of birth and contact number and you will receive a call back.**

Ankle Exercises

These exercises aim to gently move the ankle joint to prevent stiffness while your injury heals.

Ankle pumps



1. Point your foot up and down within a comfortable range of movement.
2. Turn your foot inwards so that your toes are pointing towards your other foot, then move back to the starting position.



Medway NHS Foundation Trust is a smoke free organisation. As a healthcare provider, we believe it is important to provide the best possible environment for our patients, visitors and staff.

Single Leg Balance



In standing holding onto a chair or table for support.

Practise standing on your injured leg for up to 30 seconds.

When able, stand on the injured leg without holding onto the support.

Toe Standing



In standing holding on to a surface for support.

Slowly rise up and down on your toes.

Repeat 5-10 times, or as much as pain allows.

Pain and Swelling

Your ankle will be swollen, and you will have some pain. Swelling is often worse at the end of the day. Taking pain killer medication, elevating your ankle, and using ice or cold packs will help.

Walking and your boot

You are allowed to put weight through your leg and you may have been given a boot to wear for comfort when walking. The boot can be removed when resting and you do not need to wear it at night. Reduce the amount of time you wear the boot and gradually start to resume your normal activities. If you were given crutches, you can stop using these as you feel able to.