

The following are rehabilitation exercises to help you recover faster and prevent re-injury. Please contact your Health Professional if you have any questions

## Long Calf Stretch



0:30

Hold

1

Sets

- Place the stretching leg behind
- Point foot straight ahead and keep the knee straight
- Lean forward keeping the heel on the ground to feel stretch in the calf

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## Single Leg Balance



- Stand on injured leg and try to maintain balance
- Aim for over 30 seconds without excessive movement at ankle or arms
- Progress by closing eyes standing in corner of a room or catching object thrown by someone

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## Short Calf Stretch



0:30

Hold

- Start with leg in slightly closer than the long calf stretch
- Point foot straight ahead
- Bend knee to feel stretch in the lower calf

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### Calf Raise on Floor (Double)



- Keep knees straight and raise up onto toes
- Pause at the top then slowly lower

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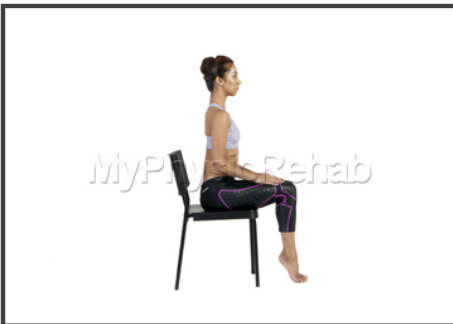
### Ankle Dorsiflexion



- Start with feet flat on the floor
- Pull your ankle up
- Slowly lower it back to the floor

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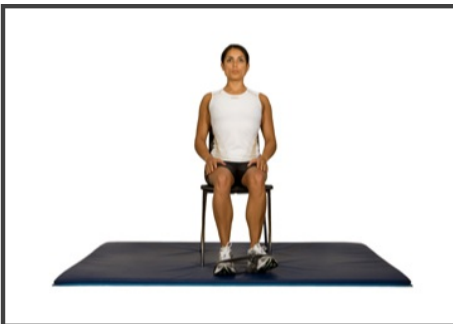
### Ankle Plantarflexion



- Start with feet flat on the floor
- Raise up onto your toes keeping weight through the big toe
- Slowly lower back to the floor

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### Ankle Eversion



- Sitting with band fixed around other foot
- Keep knee facing forward and heel down
- Pull foot up and out, pause and slowly reverse the movement back to start

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## Ankle Alphabet



- Imagine using your big toe to write the Alphabet
- Move the ankle to trace the Alphabet with the toe

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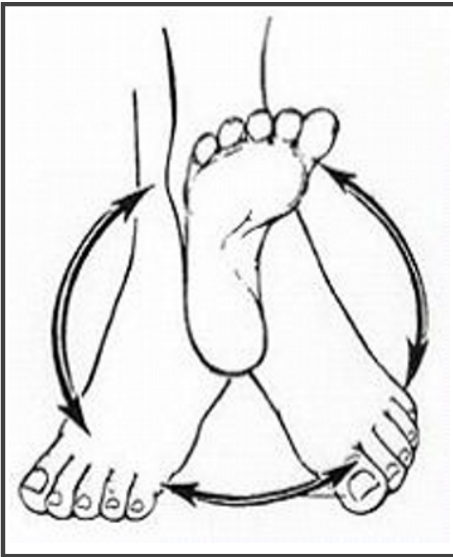
## Ankle Inversion with Towel



- Place a towel on a smooth floor to the side of your barefoot
- Pivoting on your heel, move the towel across your body and back again

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## ankle circles



circle x 10 each way

The exercises and advice in this rehabilitation program have been prescribed specifically to you by your healthcare provider/therapist. Any questions about this program should be directed to that provider. MyPhysioRehab does not accept any liability for damage or injury suffered whilst performing these exercises. Please seek advice and guidance from your provider if you experience any discomfort during this exercise routine.