

Personal exercise program

ankle

Spire Healthcare

Spire Bushey Hospital

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Provided by

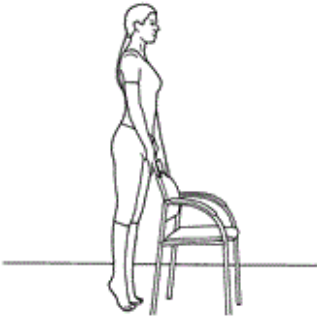
Brett Hutchinson

Provided for

brett hutchinson

Contact date

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Stand.

Push up on your toes. Repeat _____ times.

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Stand on the edge of a step.

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Lift your heels.

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Lift one leg and slowly lower the heel of the other leg to the same level as the step.

Progression:

- drop your heel below the level of the step
- increase the speed of the movement
- add weights

Repeat _____ times.

PhysioTools Ltd



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Stand facing a wall. Put your foot against the wall keeping your heel on the floor.

Bring your pelvis forwards and feel the stretch in your calf.

Repeat _____ times.



PhysioTools Ltd

Stand. Place your affected foot on a shallow step.

Slowly shift your weight forward over your foot. Keep your heel in contact with the step during the exercise. Hold _____ secs.

Repeat _____ times.