

The Ankle

The human ankle joint is a connection between the foot and lower leg. The ankle includes two joints:

The upper ankle joint (tibiotalar articulation)

The lower ankle joint (talocalcaneonavicular articulation)

Since the ankle handles great mechanical load, it is prone to injuries that can affect both bones and the ligaments of the joint.



There are many ligaments around the ankle that support and provide stability and can easily be sprained and twisted while walking, running or due to weakness in muscles surrounding the ankle. Exercises aid in preventing stiffness and increased muscle strength.

Movements of the Ankle:

- Pronation
- Supination
- Dorsiflexion
- Plantar flexion

Once pain levels and swelling decreases Sport specific exercises, resistive band, balance and proprioception exercises can commence with consent from your Doctor or Physiotherapist to aid in further rehabilitation for Ankle and foot injuries.

Medication to reduce pain

Please consult with a doctor for the best form of medication for your condition.

Ice

- Putting an ice pack on your ankle can reduce inflammation and ease pain.
- Never put ice directly on your skin, as this can burn or irritate it. You can apply ice for up to 20 minutes several times a day.

Disclaimer: Information given in this brochure is purely to make people aware of general knee exercises to increase range of motion and strength. Consult your doctor or physiotherapy if you feel an increase in knee pain.

Attribution Credits:

Anatomy: https://www.injurymap.com/diagnoses/achilles-tendonitis Pain on the back of the heel Modifications: Labelling License: Creative Commons 4.0

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Ankle Exercises





Ankle Pumps - stimulate blood circulation and decrease swelling.

Sets: ____

Repetitions: ____

Times a day: ____



Alphabet movements: Using the big toe and moving from the ankle joint, trace the alphabet for about 2- 5 minutes.

Sets: ____

Repetitions: ____

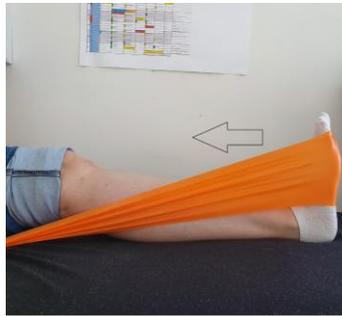
Times a day ____

Ankle Circles: Lay or sit down and pretend your big toe is a piece of chalk and you want to draw a big circle on a chalkboard. Repeat both directions.

Sets: ____

Repetitions: ____

Times a day ____



Gastrocnemius Stretch:

Pull the foot back until you feel a stretch at the calf.

Sets: ____

Repetitions: ____

Times a day: ____

Standing Gastrocnemius stretch: Stand facing the wall with your hands on the wall. Step unaffected leg forward with a bent knee and foot on the ground. The affected leg should remain straight with the heel on the ground. Lean your hips toward the wall. Hold for 30 seconds



Sets: ____

Repetitions: ____

Times a day: ____

Calf Raises: On a step or thick book, while holding onto a chair, lift the heels up and progress from two to one leg as comfortable. Go down slowly and pause, stretching the calf, then push up slowly, working the calf muscles.

Sets: ____

Repetitions: ____

Times a day: ____



Seated in a chair begin by placing a towel on the floor under your foot with your heel on the ground. Without moving your heel, pull the towel towards you using only your toes.

Sets: ____

Repetitions: ____

Times a day: ____