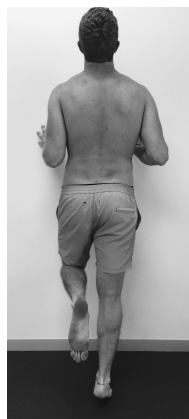


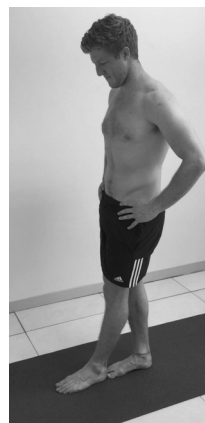
ANKLE REHABILITATION



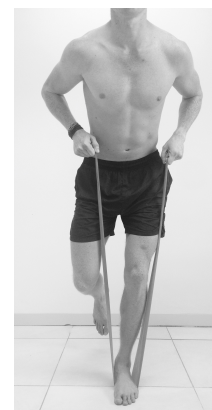
ANKLE MOBILITY ON BALL: While in moonboot. Take it off everyday and weight bear while seated through your foot. Progress to moving backwards and forwards on the ball while keeping your feet planted to increase dorsiflexion.



TIB POST HOLDS: Standing with finger tip resting on wall, lift one heel 2 cm off ground. Bend knee slightly and hold above position for 30 seconds 3 x.



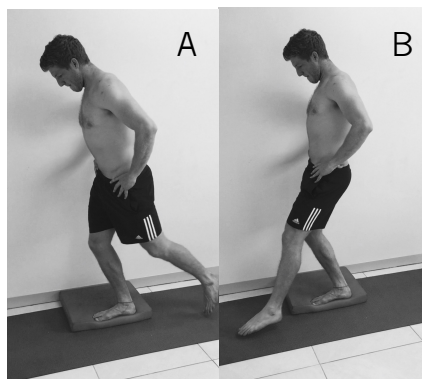
TANDEM STANDING: To improve proprioception, stand heel to toe. Balance for a few seconds with eyes open then progress to balance with eyes closed. Try make 30 seconds 3 x. Swop feet.



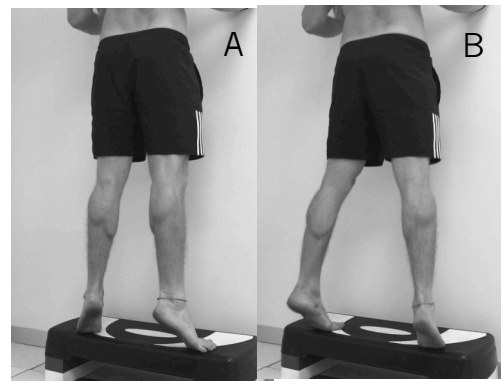
THERABAND BALANCE: Standing on a theraband, balance on one leg while pulling the band as far upwards as possible. Hold 30 seconds 3 x. Alternate.



AEROPLANE Begin by balancing in above position on the floor for 30 seconds. Progress to balancing on a hard cushion for 30 seconds. Further progression is to balance while holding weights in either hand and for longer than 30 seconds. Do 3 in a day.



BESS: Begin by doing exercise on floor and progress to unbalanced surface. Stand on one bent leg and move other foot forwards and backwards but do not apply weight through the other foot. Keep static foot's heel down at all times. Try increasing distance of toe touch reached daily. DO 10 x 2 sets

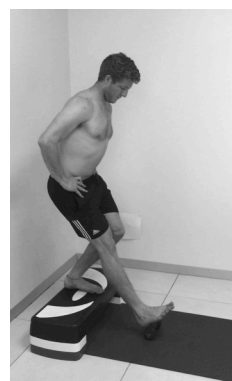


HEEL RAISE: Stand on step with heels in and lift up weight through range. The stand with heels out. Start with stretch by letting heel hang in both positions. Do 10 x 2



BRIDGING WITH CALF RAISE:

Lying on back with knees bent, lift bottom off the floor as high as possible. Then lift heels off the floor and slowly bring bottom down to neutral, stacking spine as you go. 10 x 2 sets



STEP DOWNS:

Standing on a step. Keep one foot planted with heel down and bend knee and ankle to allow other foot to just touch the floor then straighten up. DO 10 x 2 sets.