**Ankle Rehabilitation Plan**

**Exercises**

**Ankle rolls-** sitting down with legs out straight in front, rolling the ankle around drawing the alphabet with your foot. Do one foot at a time, 2x on each foot, 1-2 times a day.

**Isometric holds-** Using a rolled up towel, apply at the base of your foot whilst seated and straight legs. Apply a slight stretch using the towel by pulling both ends towards your body causing your toes to lift towards you. Hold for 20-30 seconds, x2 on each foot, 1-2 times per day.

**Towel Scrunches-** whilst seated on a chair, place your foot on top of a towel stretched out along the floor, repeatedly scrunch your toes up to bring the towel in towards you. Make sure do to both feet. Perform these for 45-60 seconds on each foot x1-2 sets, 1-2 times a day.

**Seated calf raises-** whilst sitting on a chair with your feet flat, lift your heels off the floor keeping your balls of your feet on the ground. 8-10 reps x 1-2 sets, 1-2 times a day.

If you need any help with any of these exercises please feel free to pop me a message via Spond and I will be able to help you accordingly.

**Progression**

Once you have completed these exercises for approx. 1 week with no pain occurring, we will progress onto new strengthening exercises. The above exercises will help reduce any pain and encourage the start of the strengthening programme.

Any questions please feel free to pop me a message via spond.