

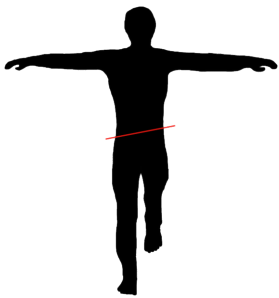
## Ankle Strength

Before commencing any exercise on this sheet please ensure they are suitable for you to perform. This is to avoid injury or aggravation of any pain complaint you may already have.

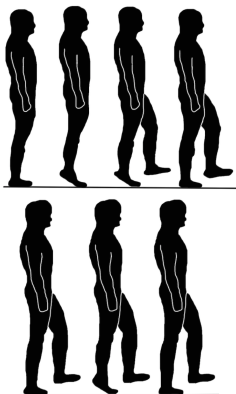
**To check the suitability of the exercises contact us at SSI.**

Please be advised correct technique is essential when performing the exercises and incorrect form may lead to injury. To arrange an appointment to check your technique when performing the exercises please contact us at SSI.

**Please be advised that you undertake any exercise on this sheet at your own risk. All exercises should be performed completely pain free at all times.**



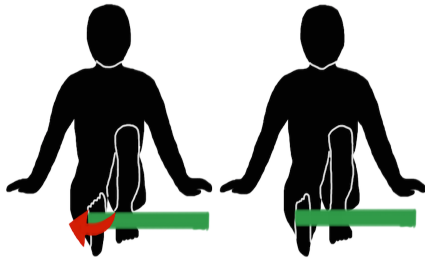
- 1) - Standing on one leg with the knee slightly bent, lift the other leg off the floor.
  - Ensure the hip of the lifted leg is slightly higher than the hip of the standing leg.
  - Ensure you have a light squeeze of the abdomen by drawing the belly button in to the spine. Hold this squeeze for the duration of the exercise.
  - Hold this position Maintaining control at all times. If needed return the other leg to the floor to regain balance. Avoid looking at your foot – keep the eyes looking forwards.
  - You can increase the difficulty by moving your arms, closing you eyes or by standing on a cushion.
  - Hold this position for 3 x 45-60 seconds.



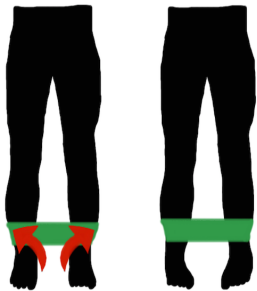
- 2) - This exercise has 2 levels.
  - Stand with fee hip width apart and the knees slightly bent. Use a wall to help with balance if needed but try to use this as little as possible. If using a wall to help with balance ensure you remain standing in an upright 'tall' position, do not lean forwards or off to the side.
  - Before starting squeeze through the abs and core to help provide a stiff stable torso to perform the action from.
  - Level 1 = Rise up with both feet, pause and lift 1 foot off the floor, pause and slowly lower to the ground using only the other ankle. Reset your feet and repeat the action on the other side (top picture). This counts as 2 reps.
  - Level 2 = Standing only on 1 ankle slowly rise up onto the ball of the foot, pause and slowly return. This counts as 1 rep. On completing the set repeat the exercise on the other ankle (bottom picture).
  - Make sure you use a pain free range of motion.
  - Perform 4 x 16-24 reps for level 2 or 4 x 8-12 for level 3

## Ankle Strength

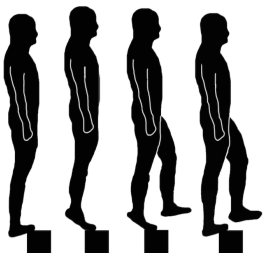
Please be advised that you undertake any exercise on this sheet at your own risk. All exercises should be performed completely pain free at all times.



- 3) - Tie the band around your foot and secure the other end across the other side of the body.
- Start with the foot upright and slightly turned in.
  - Slowly turn the foot outwards as far as possible moving only at the ankle.
  - Do not allow the hip and knee to rotate outwards – the knee should face the ceiling at all times in the exercise.
  - Only use a pain free range of motion.
  - Pause at the end of range and slowly return.
  - Perform 4 x 8-12 reps



- 4) - Tie the band in a loop around the ankles with the feet at hip width apart. The loop should be small enough that the band is under tension before you start the exercise.
- Slowly turn the feet in, lifting the arches of the foot off the floor and finish standing on the outer edge of the foot. Pause here then slowly return. Only use a range of motion that is pain free.
  - To make the exercise harder, turn the feet in and also lift the heels off the floor slightly, like your standing onto your little toes.
  - Perform 4 x 8-12 reps



- 5) - Stand with feet hip width apart and the knees slightly bent. Use a wall to help with balance if needed but try to use this as little as possible.
- Stand with the balls of the feet securely on the step and the heels of the feet off the step.
  - Allow the heels to lower gently to a point of very gentle pulling on the calf. This is your start position.
  - Rise up with both feet making sure you do not 'bounce' the heels lower as you start, pause at the top and lift the good leg off the floor (keeping the target foot on the step). Now pause and slowly lower the heel back to the start position (using only the injured ankle). This counts as one rep. Return the good foot to the step ready to start a second rep.
  - Perform 4 x 8-12 reps