



**University
Hospitals Sussex**
NHS Foundation Trust

Ankle exercises

Patient information

What is this information about?

This information is a guidance on how to practice basic ankle exercises.

It tells you:

- What exercises you can do to help heal and strengthen your ankle.
- Who to contact if you need further help and support.

Why have I been given this information?

You have been given this information to encourage you to move your ankle to prevent stiffness. Doing exercises which are shown later in this information sheet will help you to regain and maintain ankle range of motion.

How should I practice these exercises?

Aim to practice all exercises five times a day. These should not cause too much pain.

These exercises are done in stages as you make progress.

Stage 1

Ankle and foot range of movement exercises:

1. Point your foot up and down within a comfortable range of movement.



2. With your heels together, move your toes apart, as shown in the picture.



3. Make circles with your foot in one direction and then change direction.



Stage 2

Ankle stretches

Hold both stretches for up to 30 seconds and repeat 3 times.

1. Sit with your leg straight out in front of you. Put a towel or bandage around your foot and pull it towards you. You will feel a stretch at the back of your calf.



2. Point your toes down as far as they go, then use the other foot on top to apply some pressure to create a stretch on the top of your foot.



Stage 3A

Balance strategy exercises

Level 1: For patients who could not stand on one leg before their injury.

A. Stand with your feet as close together as possible, using something firm to hold on to.

Hold this for 30 seconds.

If you can do this move onto Level 1b.

B. As above, but removing your hand so that you are balancing.

Hold this for 30 seconds.

If you can do this move onto Level 1c.

C. Holding onto something firm, put one foot in front of each other as close together as you feel comfortable with.

Hold this for 30 seconds.

If you can do this easily you may like to try without holding on, but only if you feel confident to do so.



STAGE 3B

Level 2: For patients who could stand on one leg before their injury.

A. Holding onto a firm surface, attempt to stand on one leg.

Hold this for 30 seconds, making sure it does not induce pain.

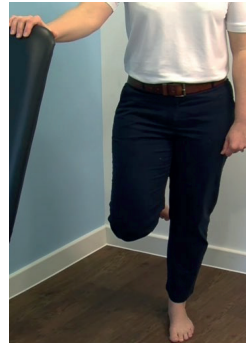
B. As above, but removing your hand so that you are balancing.

Hold this for 30 seconds.

If you can do this move onto Level 2c.

C. Once confident with your eyes open, progress to attempting this with your eyes closed. Always stand in a safe environment with a firm surface close by should you need it.

Hold this for 30 seconds.



Stage 4

Advanced exercises for sports

Level 1: For patients who would like to develop dynamic ankle control for sports.

A. Standing on an uneven surface such as a doubled-over pillow or wobble cushion, attempt to balance for 30 seconds. Once you can achieve this pain free, move to Stage 1b.

B. Once confident with your eyes open, progress to attempting this with your eyes closed.

Always stand in a safe environment with a firm surface close by should you need it.

Hold this for 30 seconds.

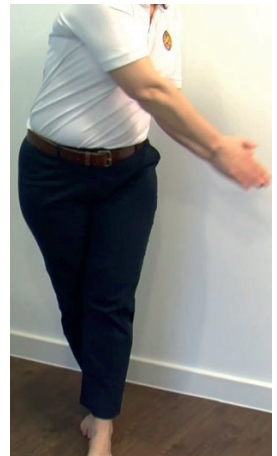


Level 2: For patients who would like to develop dynamic core control for sports

A. Start with, standing with one foot in front of the other, with your hands together. Swing your arms in a figure of eight in both directions for 1-2 minutes, or as able.

B. As above but bring your feet so they are touching toe to heel.

C. As a) and b) above, but with your eyes closed.



When should I contact Virtual Fracture Clinic?

Please contact the Virtual Fracture Clinic if you:

- Are concerned about your symptoms, especially 6 weeks after your injury.
- Are struggling to return to exercise or your usual activities 6 to 8 weeks after your injury.
- Would like further information or support after you have read this information.

When can I start driving?

You can return to driving when:

- You are no longer using your boot or rigid sole shoe.
- You can walk comfortably.
- you can safely deal with all emergency situations without being in pain or hesitating. For example, you must be able to stop the car quickly and in full control and safely avoid obstacles.
- You are covered by your insurance company.

Be aware

Always try driving in a safe place first.

How can I get a note for work?

Please contact the Virtual Fracture Clinic.

How do I contact the Virtual Fracture Clinic?

Worthing: 01903 205111 Ext. 86312.

St Richards: 01243 788122 Ext. 35503.

Email: uhsussex.vfc@nhs.net

Working hours: Monday to Friday 8.30am to 4.30pm.

We aim to respond to messages within 24 hours during these times. At times you may receive a call outside of these hours.

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in St Richard's Hospital and Worthing Hospital.

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