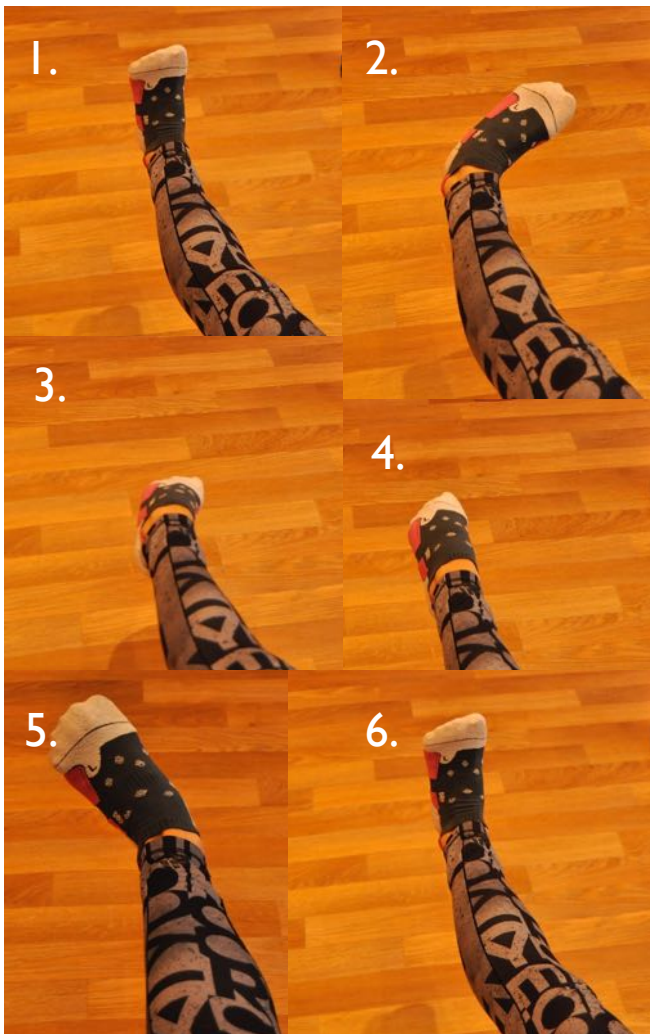


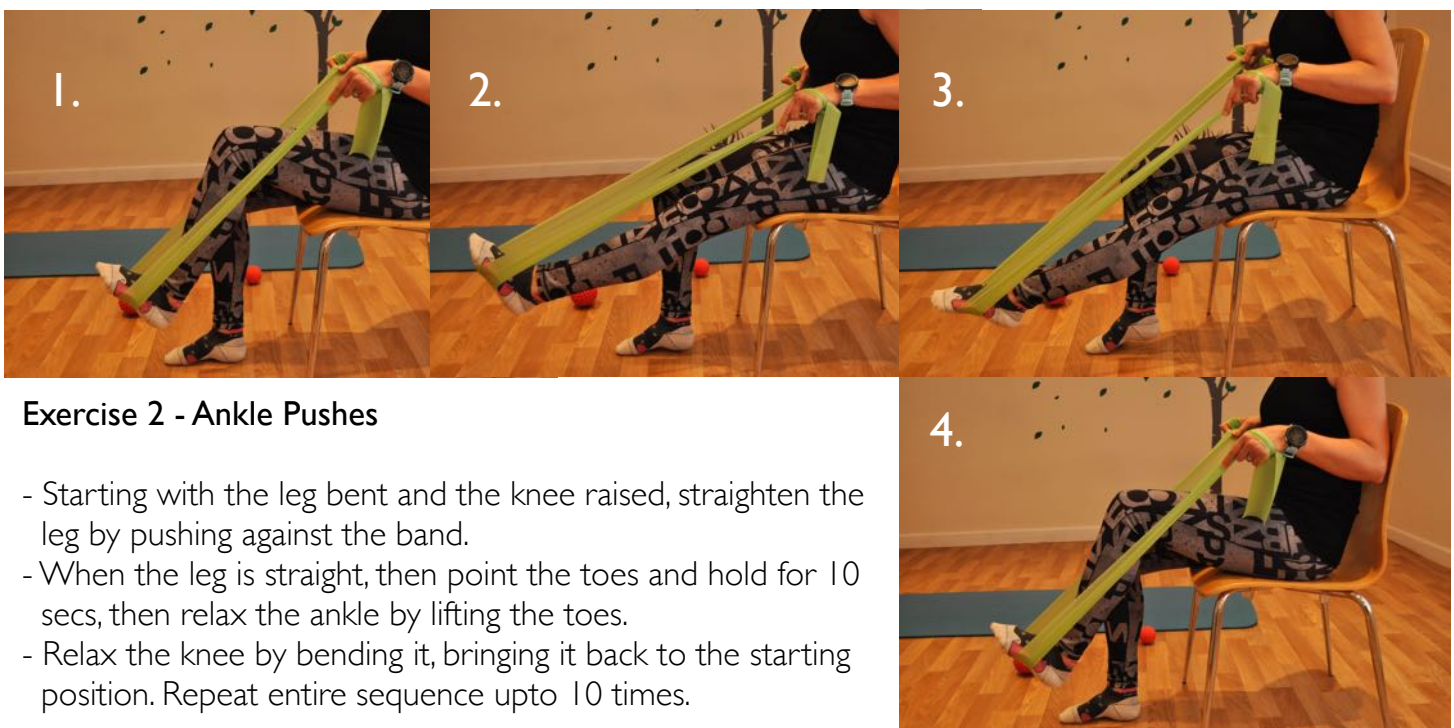
Ankle strength and mobility exercises - sheet 1



Both the exercises shown here are good to do to build motor control and strength after sprain or ligament damage (once the swelling has subsided).

Exercise 1 - Ankle Rotations

- Rotate slowly clockwise doing a set of 10 rotations.
- Look for any 'skipping', or 'juddering' during the movement.
- If there is slow the rotation down until there isn't any.
- Do 3 sets of 10
- Do the same exercise but anti-clockwise



Exercise 2 - Ankle Pushes

- Starting with the leg bent and the knee raised, straighten the leg by pushing against the band.
- When the leg is straight, then point the toes and hold for 10 secs, then relax the ankle by lifting the toes.
- Relax the knee by bending it, bringing it back to the starting position. Repeat entire sequence upto 10 times.