



Urgent care

Ankle exercises

Ankle exercises

1. Draw your foot up as far as possible, with toes pointing towards you. Hold for 5 seconds. Then point your foot away from you as far as possible. Hold for 5 seconds. Repeat 10 times.
2. Turn the sole of your foot inwards, keeping the knee still. Hold for 5 seconds. Then turn the sole of your foot outwards, keeping your knee still. Hold for 5 seconds. Repeat 10 times.
3. Sit on a chair with your feet on the floor. Slide the foot of your injured ankle along the floor behind you, making sure you keep your foot on the floor. Repeat 10 times.
4. Sit on a chair and place a towel flat on the floor. Put the foot of your injured ankle on the towel with your heel on the edge. Using your toes, bunch the towel and pull it towards you.
5. Sit on a chair, feet flat on the floor. Try to keep your heels directly below your knees if possible. Raise the front parts of your feet off the floor, keeping your heels on the floor. Hold for 5 seconds and then lower. Now raise your heels off the floor, keeping the balls of your feet on the floor. Hold for 5 seconds and then lower. Repeat 10 times.
6. Sitting on a high chair, use your foot as a pen and try writing out the alphabet in the air. Do this 3 - 4 times a day.

It will be safe for you to return to normal activity when you have:

- full strength
- full range of movement
- no pain or swelling

Individual management plan:

.....

.....

.....

.....

.....

.....

Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the Patient Advice and Liaison Service on freephone 0800 328 7971.

For further advice please contact:

Abingdon Minor Injury Unit	01865 903 476
Henley Minor Injury Unit	01865 903 755
Witney Minor Injury Unit	01865 903 841
Wallingford First Aid Unit	01865 903 471
Bicester First Aid Unit	01865 903 976

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

আপনি যদি এই তথ্যাদি অন্য কোন ভাষায় বা মাধ্যমে (ফর্ম্মেট) পেতে চান তবে দয়া করে আমাদেরকে বলুন

જો તમને આ માહિતી બીજી ભાષામાં અથવા બીજા આકારમાં જોઈએ, તો કૃપા કરીને અમને પૂછો

यदि आपको यह जानकारी किसी दूसरी भाषा या आकार में चाहिए हो तो कृपया हम से पूछें

若您需要本信息的另一种语言或格式的版本，请与我们联系

নেত্র ভ্রাতৃত্ব টিচ সাতকালী বিসী ভূমী ভ্রাসা না সলল হিঁচ চাতীচী হেঁচে তাং বিলখা অব বে সাতুঁ পুহঁ

اگر آپ کو یہ معلومات کسی دوسری زبان میں یا کسی دوسرے طریقے سے درکار ہیں تو براہ کرم ہم سے پوچھیں۔۔

Oxford Health NHS Foundation Trust

Trust Headquarters

Warneford Hospital

Warneford Lane

Oxford OX3 7JX

Switchboard 01865 901 000

Email enquiries@oxfordhealth.nhs.uk

Website www.oxfordhealth.nhs.uk

Urgent care is part of our Older People Directorate.

OP 156.15