

Exercise plan:
ski ankle

Patient:
Ms skiing training

Date:
16th Jan 2019

Active Plantar Flexion Both Sides

Sit on the floor (or lie down) with your legs out straight. Bend your ankles towards the ground. This exercise will increase mobility in your ankle joints.

Perform 3 times daily | Repeat 10x3 times | Hold for 3 seconds | Perform both sides

Video: <http://youtu.be/KjhkvZLV2ak>



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Heel Raises Sitting

Sit upright on a chair, with your feet flat on the floor. Slowly raise your legs up onto your toes. Hold, and gradually control the movement back down to the starting position. This is a useful calf pump exercise to improve circulation to your lower legs, as well as improving mobility of the ankle joints.

Perform 3 times daily | Repeat 10x3 times | Hold for 3 seconds | Perform both sides

Video: <http://youtu.be/aujGDKa4o8k>



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Resisted Plantar Flexion

Sit on the floor with your leg out straight. Place an exercise band around the ball of your foot, hold on to it with both hands, and push away creating resistance in the band. This exercise will help strengthen the calf muscle, and other muscles around the lower leg and ankle. It will also help improve circulation to your lower leg.

Perform 3 times daily | Repeat 10x3 times | Hold for 3 seconds | Perform both sides

Video: <http://youtu.be/9bdOZ-1usoM>



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Calf Raise with Knees Bent Two Legs

Stand up with your knees bent, and rise up onto your toes and hold. Slowly control the movement back down. This is a strengthening exercise for the soleus (lower calf) muscle.

Perform 3 times daily | Repeat 10x3 times | Hold for 3 seconds | Perform both sides

Video: http://youtu.be/atUz_RyJgrg



Calf Raises One Leg

Stand upright on one leg. Slowly raise up onto your toes, and control the movement back down. Hold on to a wall or table for support. This exercise will strengthen the calf muscle and ankle joint.

Perform 3 times daily | Repeat 10x3 times | Hold for 3seconds | Perform both sides

Video: <http://youtu.be/QEILIo9KzIw>



Active Dorsiflexion One Foot

Sit on the floor with your legs out straight. Bring your toes and foot towards you and relax. Repeat the movement to help improve mobility in your ankle joint. You can also hold the stretch to create a stretch in your calf muscle.

Perform 3 times daily | Repeat 10x3 times | Hold for 3 seconds | Perform both sides

Video: <http://youtu.be/Dh-gaF-07Kc>



Heel Walking

Walk forwards on your heels. Start the exercise wearing trainers, and progress to bare feet as your feet get stronger. Use a wall to provide support if required. This is a great foot and ankle strengthening exercise, and improves balance.

Perform 2 times daily | Repeat 2 times | Hold for 30 seconds | Perform both sides

Video: <http://youtu.be/tepDPo5RhOk>



Gastrocnemius Stretch - Single Leg

Stand facing a wall, with your hands resting on the wall. Move one leg forwards and gently bend your knee, this will be the passive leg and just there for support. The leg you will be stretching will remain straight with your heel on the ground. You should feel a stretch to the leg at the back, in the calf muscle (known as the gastrocnemius).

Perform 3 times daily | Repeat 3 times | Hold for 8-10 | Perform both sides

Video: <https://youtu.be/EFnLIHNBQQ>



Soleus Stretch

Stand facing a wall, place one leg in front of you and your hands flat against the wall. Keep both heels on the ground, and your front knee bent. Push your front knee forward towards the wall to feel a stretch in the lower back part of the leg (bottom of the calf muscle, known as the soleus).

Perform 3 times daily | Repeat 3 times | Hold for 8-10 | Perform both sides

Video: http://youtu.be/3FnsmjQ_lyk



Heel Drop Gastrocnemius Stretch

Stand with your toes on the edge of a step or a box. Hold onto something stable for support if required. Drop your heels downwards. You should feel a stretch just below the back of your knee, in the calf (this part of the calf is known as the gastrocnemius).

Perform 3 times daily | Repeat 10x3 times | Hold for 3 seconds | Perform both sides

Video: <http://youtu.be/8PQleXdrnXg>



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Heel Drop Soleus Stretch

Stand with your toes on the edge of a step or a box, and knees bent slightly. Hold onto something stable for support if required. Drop your heels downwards. You should feel a stretch in the back of your legs, in the lower calf (known as the soleus).

Perform 3 times daily | Repeat 10x3 times | Hold for 3 seconds | Perform both sides

Video: <http://youtu.be/O2TlznUwbQw>



Passive Inversion with towel Lying

Lying down or sitting on the floor, wrap a towel around the ball of your foot. Pull your foot inwards and upwards with the towel. This will mobilise your ankle, and create a stretch in the outside lower part of your leg.

Perform 13 times daily | Repeat 10x3 times | Hold for 3 seconds | Perform both sides

Video: <http://youtu.be/95bsjAc75pg>



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Tibialis Anterior Stretch 1

Sit down on your foot, with the sole of your foot facing up towards your bottom. Make sure your foot is turned inwards too. You should feel a stretch on the outside of the lower part of the leg (shin).

Perform 3 times daily | Repeat 3 times | Hold for 5-8 seconds | Perform both sides

Video: <http://youtu.be/tAxJhZsN0uA>



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Ball Control Standing

Stand and place your injured leg on the top of a ball. Move the ball in different directions. This exercise helps improve co-ordination (proprioception) to your foot, ankle and knee.

Perform 3 times daily | Repeat 3 times | Hold for 30 seconds | Perform both sides

Video: <http://youtu.be/-9JY7PtBEWs>



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One Leg Stand Catching Ball

Stand on your injured leg, throw and catch a ball against the wall. If you have a partner, ask them to throw the ball to you. The added force from the ball puts you off balance, making this exercise functional and challenging.

Perform 2 times daily | Repeat 5 times | Hold for 30 seconds | Perform both sides

Video: <http://youtu.be/uPgGafATE20>

Dear Ms training, please stop any exercise that causes pain. If you have any questions with an exercise, just email us on sharon230@btinternet.com. Good luck and keep with it!

Exercise Diary:

Active Plantar Flexion Both Sides



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16. Jan (Week 1)							23. Jan (Week 2)							30. Jan (Week 3)							06. Feb (Week 4)						
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Heel Raises Sitting



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Resisted Plantar Flexion



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Calf Raise with Knees Bent Two Legs



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Calf Raises One Leg

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Active Dorsiflexion One Foot

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Heel Walking

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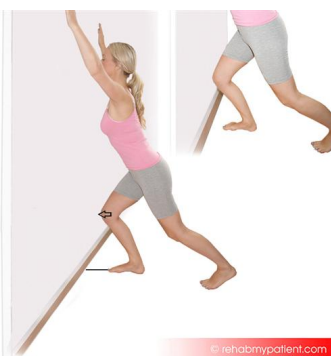
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Gastrocnemius Stretch - Single Leg

16. Jan (Week 1)							23. Jan (Week 2)							30. Jan (Week 3)							06. Feb (Week 4)						
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Soleus Stretch

16. Jan (Week 1)							23. Jan (Week 2)							30. Jan (Week 3)							06. Feb (Week 4)						
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13. Feb (Week 5)							20. Feb (Week 6)							27. Feb (Week 7)							06. Mar (Week 8)						
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Heel Drop Gastrocnemius Stretch

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Heel Drop Soleus Stretch

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Passive Inversion with towel Lying

16. Jan (Week 1)							23. Jan (Week 2)							30. Jan (Week 3)							06. Feb (Week 4)						
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Tibialis Anterior Stretch 1

16. Jan (Week 1)							23. Jan (Week 2)							30. Jan (Week 3)							06. Feb (Week 4)						
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Ball Control Standing

16. Jan (Week 1)							23. Jan (Week 2)							30. Jan (Week 3)							06. Feb (Week 4)						
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One Leg Stand Catching Ball

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