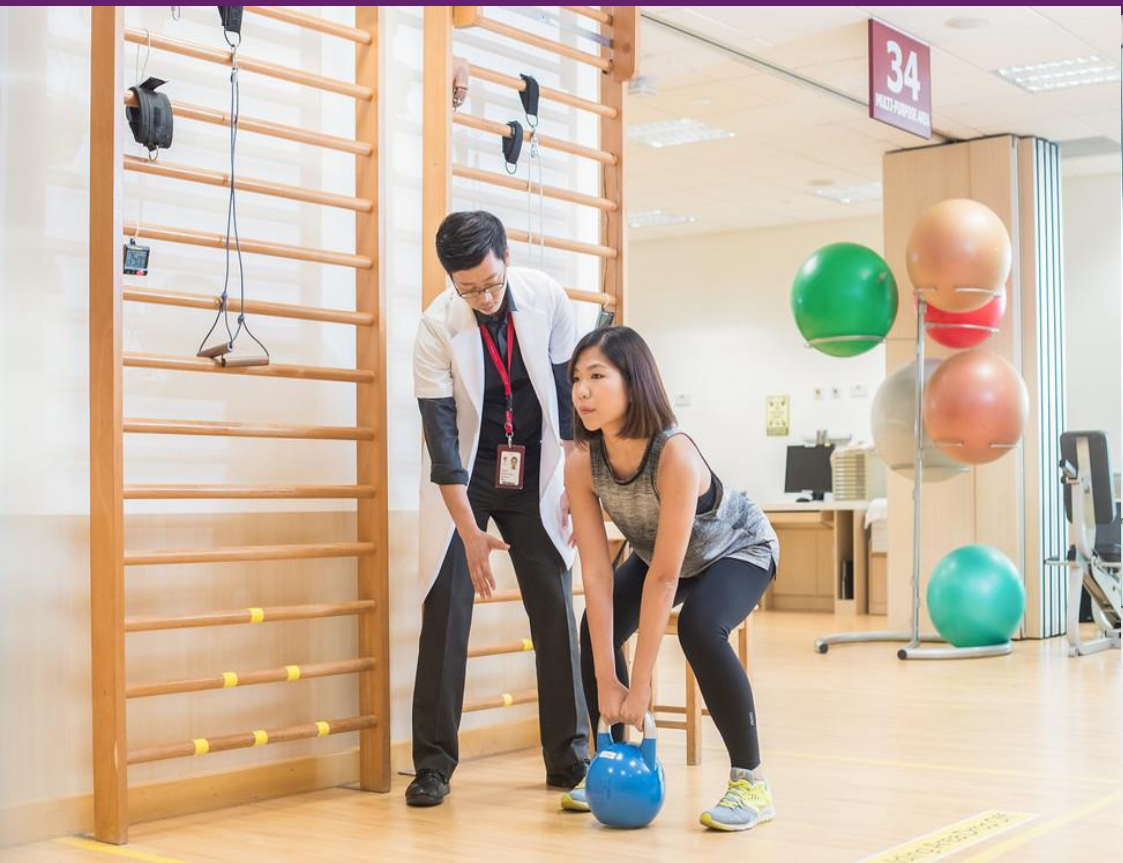


Department of
PHYSIOTHERAPY

Ankle and Foot Exercises



☐ Ankle Inversion (Towel Assisted)



- i. Sitting with your affected knee straight, loop a towel around the bottom of your foot.
- ii. Pull towel with opposite hand to turn foot inwards.

Hold __ second(s).

Repeat __ time(s) and do __ set(s).

Do __ session(s) a day.

☐ Ankle Eversion (Towel Assisted)



- i. Sitting with your affected knee straight, loop a towel around the bottom of your foot.
- ii. Pull the towel with your hand to turn your foot outwards.

Hold __ second(s).

Repeat __ time(s) and do __ set(s).

Do __ session(s) a day.

☐ Plantar Flexion



- i. Sitting with your affected leg crossed on your unaffected leg, pull your affected foot downwards.

Hold __ second(s).

Repeat __ time(s) and do __ set(s).

Do __ session(s) a day.

☐ Calf Stretch (Towel Assisted)



- i. Sit with your affected knee straight and a towel looped around your foot.
- ii. Pull the towel towards you until a comfortable stretch is felt in your calf.

Hold __ second(s).

Repeat __ time(s) and do __ set(s).

Do __ session(s) a day.

☐ Soleus Stretch (Towel Assisted)



- i. Sit with your affected knee bend and a towel looped around your foot.
- ii. Pull the towel towards you until a comfortable stretch is felt in your calf.

Hold __ second(s).

Repeat __ time(s) and do __ set(s).

Do __ session(s) a day.

❑ Tibialis Anterior Stretch: (Position A)



- i. Sit on the chair with your affected leg crossed over.
- ii. Pull foot down and outwards until a stretch is felt along the shin and foot.

Hold __ second(s).

Repeat __ time(s) and do __ set(s).

Do __ session(s) a day.

❑ Tibialis Anterior Stretch: (Position B)



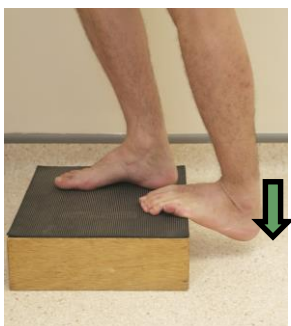
- i. Kneel down on a flat surface.
- ii. Feel a stretch along the shin and foot.

Hold __ second(s).

Repeat __ time(s) and do __ set(s).

Do __ session(s) a day.

❑ Plantar Fascia Stretch



- i. Stand with your affected leg over the edge of a step. Hold onto a wall for support if needed.
- ii. Lower your affected heel towards the floor with your knee straight until a stretch is felt in the sole of your foot and lower calf.

Hold __ second(s).

Repeat __ time(s) and do __ set(s).

Do __ session(s) a day.

❑ Gastrocnemius (Upper Calf) Stretch



- i. Stand with your hands outstretched against the wall.
- ii. Place affected foot behind, keep affected knee straight and point both feet forward.
- iii. Bend your non-affected knee until a stretch is felt in the affected calf.

Hold ___ second(s).

Repeat ___ time(s) and do ___ set(s).

Do ___ session(s) a day.

❑ Soleus (Lower Calf) Stretch



- i. Hold onto a wall and place your affected leg behind your unaffected leg.
- ii. Gently lean towards the wall with both your knees bent while keeping your heel down until a stretch is felt in the lower calf of your affected leg.

Hold ___ second(s).

Repeat ___ time(s) and do ___ set(s).

Do ___ session(s) a day.

❑ Resisted Plantar Flexion



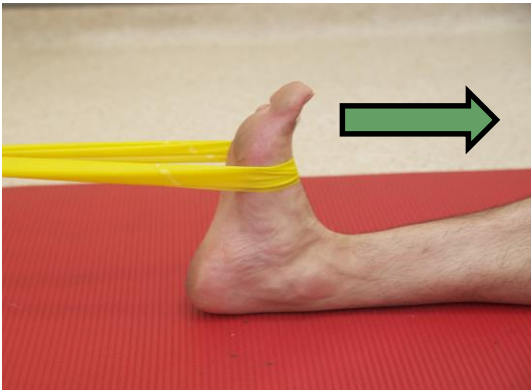
- i. With a Theraband looped around your affected foot, slowly move your foot downwards to the ground.

Hold __ second(s).

Repeat __ time(s) and do __ set(s).

Do __ session(s) a day.

❑ Resisted Dorsiflexion



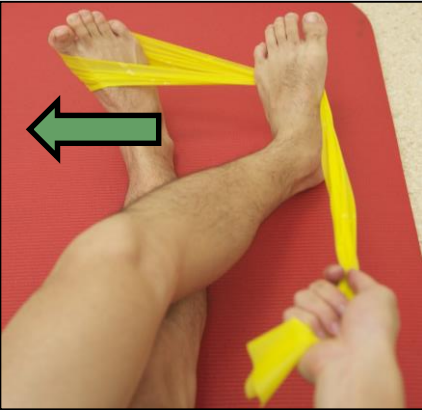
- i. With a Theraband anchored around a stable support, pull your foot towards you.

Hold __ second(s).

Repeat __ time(s) and do __ set(s).

Do __ session(s) a day.

❑ Resisted Inversion



- i. Sit with your affected knee straight.
- ii. Loop Theraband band around your affected foot.
- iii. Using your other foot as a support, slowly turn your affected foot inward.

Hold __ second(s).

Repeat __ time(s) and do __ set(s).

Do __ session(s) a day.

❑ Resisted Eversion



- i. Sit with your affected knee straight.
- ii. Loop Theraband band around your affected foot.
- iii. Using your other foot as a support, slowly turn your affected foot outward.

Hold __ second(s).

Repeat __ time(s) and do __ set(s).

Do __ session(s) a day.

❑ Standing on One Leg



- i. Stand on your affected leg.
- ii. Hold onto a support if needed.
- iii. To progress, perform with your eyes closed or stand on a soft surface without holding onto support.

Hold __ second(s).

Repeat __ time(s) and do __ set(s).

Do __ session(s) a day.

❑ Tandem Stand



- i. Stand on both feet in a single line with affected foot behind.
- ii. Hold onto a support if needed.
- iii. To progress, perform with your eyes closed or stand on a soft surface without holding onto support.

Hold __ second(s).

Repeat __ time(s) and do __ set(s).

Do __ session(s) a day.

❑ Single Leg Standing With Reach



- i. Stand on your affected leg. Keep standing knee slightly bent.
- ii. Bend down and reach forward as far as possible with opposite hand. Keep your back straight.
- iii. Return to starting position slowly.

Hold __ second(s).

Repeat __ time(s) and do __ set(s).

Do __ session(s) a day.

❑ Star Excursion Balance



- i. Stand on both of your feet.
- ii. Bend your affected leg slightly, and use your non-affected leg to reach and touch the tip of each line.
- iii. Return to starting position while keeping your body upright.

Hold __ second(s).

Repeat __ time(s) and do __ set(s).

Do __ session(s) a day.

☐ Toe Curling



- i. Start with your affected foot.
- ii. Place your affected foot on a towel.
- iii. Curl your toes to bunch up the towel.

Hold __ second(s).

Repeat __ time(s) and do __ set(s).

Do __ session(s) a day.

☐ Heel Walking



- i. Walk on your heels.
- ii. Hold __ weights.

Hold __ second(s).

Repeat __ time(s) and do __ set(s).

Do __ session(s) a day.

☐ Toe Walking



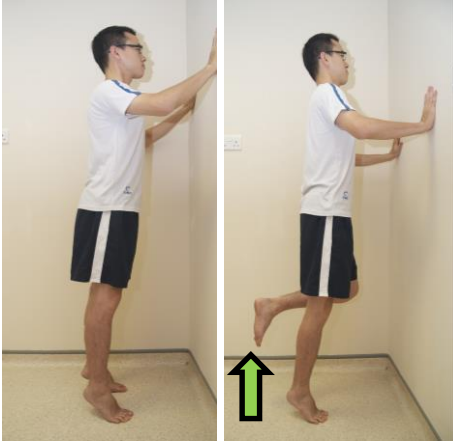
- i. Walk on tiptoes.
- ii. Hold __ weights.

Hold __ second(s).

Repeat __ time(s) and do __ set(s).

Do __ session(s) a day.

□ Double / Single Leg Heel Raise (Standing)



- i. Stand straight with your feet shoulder-width apart. Hold onto a stable support.
- ii. Keeping the balls of your feet on the ground, lift your heels as high as possible.

Hold __ second(s).

Repeat __ time(s) and do __ set(s).

Do __ session(s) a day.

□ Double Leg Toe Raise (Standing)



- i. Stand with your feet shoulder-width apart. Hold onto a stable support.
- ii. Keeping your heels on the ground, lift your toes as high as possible.

Hold __ second(s).

Repeat __ time(s) and do __ set(s).

Do __ session(s) a day.

Clinics B1C
(Physiotherapy)

TTSH Medical Centre, Level B1

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