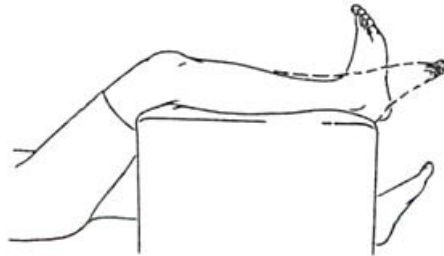


# Exercises After Ankle Fracture

Repeat each exercise 10 times, 5 times a day.



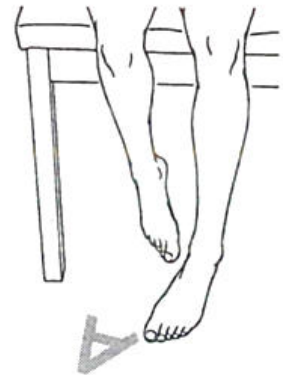
With right/left leg elevated, gently flex and extend ankle. Move through full range of motion. Avoid pain.



With right/left leg relaxed, gently turn ankle and foot in and out. Move through full range of motion. Avoid pain.



With both feet resting on towel, slowly bunch up towel by curling toes.



Using right/left ankle and foot only, trace the letters of the alphabet. Perform A to Z.



Sit with right/left knee straight and towel looped around foot. Gently pull on towel until stretch is felt in calf. Hold 10 seconds.



Feet flat, other foot forward, slide right/left foot back until gentle stretch is felt. Keep entire foot on floor. Hold 5 seconds. Relax.



Raise heels, keeping toes on floor.



Raise toes, keeping feet on floor.

**If you have any questions or concerns, contact the doctor or physiotherapist who provided you with these exercises**