

Ankle
Complete Every Day

Calf Raises

Stand holding onto chair, feet shoulder width apart

Raise up onto your toes, then back down

Don't rock forwards/backwards

Repeat 12 times



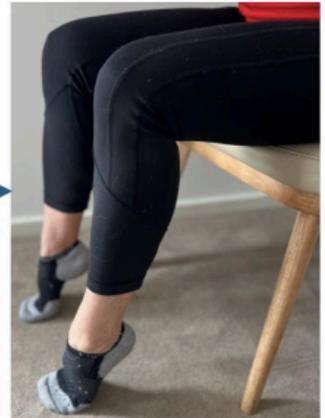
Ankle Pumps

Sit with both feet flat on the floor

Bring the toes of both feet up towards you, keep your heels on the ground

Then move your feet onto your toes, bring your heels up as high as you can

Repeat 15 times



Toe Raise

Sit with both feet flat on the floor

Raise one foot up onto your toes as high as you can go

Hold at the top for 3 seconds before slowly lowering back down

Repeat 10 times, then repeat for opposite leg



Ankle
Complete Every Day

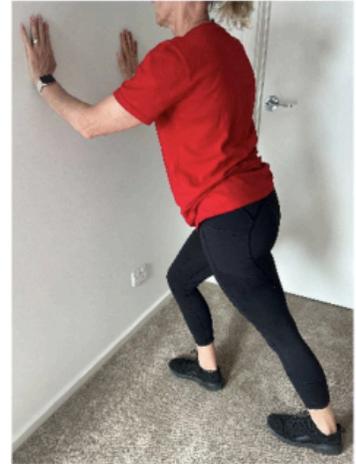
Calf Stretch at Wall (Straight Knee)

Stand with hands on wall, one foot in front of the other

Gently lean forwards into the wall as if you are trying to push it, until you feel a stretch in your calf/behind your leg

Keep the heel of the foot at the back on the ground, if you feel the stretch then that's as far as you need to go

Hold for 15 seconds then switch legs around



Calf Stretch at Wall (Bent Knee)

Stand with hands on wall, one foot in front of the other

Bend both of your knees going into a slight crouch, until you feel a stretch in your calf/behind your leg

Keep the heel of the foot at the back on the ground, if you feel the stretch then that's as far as you need to go

Hold for 15 seconds then switch legs around

