

Name: _____
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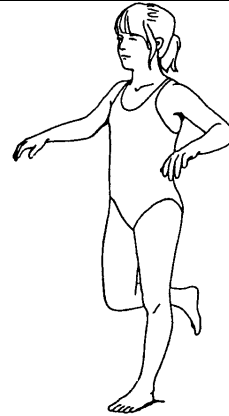
Physiotherapy

Ankle and Foot Full Weight Bearing Balance and Strengthening Exercises

One Foot Balance

Attempt to balance on your involved leg.
Begin with your eyes open, then attempt to perform the
exercise with your eyes closed.

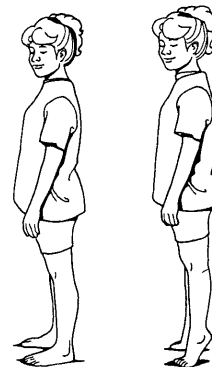
Hold ____ seconds/minutes.
Repeat ____ times.
Do ____ sessions per day.



Standing Bilateral Heel Rise

In standing, rise up onto the balls of both feet so that
your heels are off the floor.

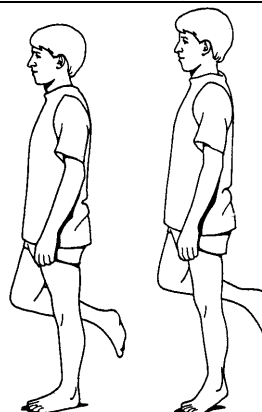
Repeat ____ times.
Do ____ sessions per day.



Standing Unilateral Heel Rise

Balance on your RIGHT / LEFT foot, then rise onto the
ball of this foot.

Repeat ____ times.
Do ____ sessions per day.



Physiotherapist _____ Signature _____ Date ____/____/____
(Name & Designation)

*If you have any concerns with this advice or exercises,
please contact your physiotherapist*



25110 Advice or Information

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