

Name: \_\_\_\_\_  
DOB: \_\_\_\_\_  
URN: \_\_\_\_\_

## Physiotherapy

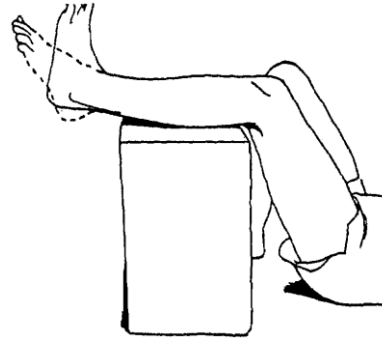
# Ankle and Foot: Partial Weight-Bearing Exercises

### 1. Ankle Pump

- With leg elevated, gently flex and extend ankle.

Repeat \_\_\_\_ times.

Do \_\_\_\_ sessions per day.

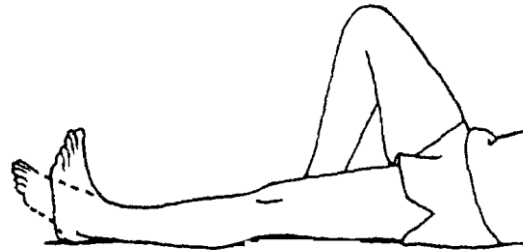


### 2. Range of Motion: Plantar/Dorsiflexion

- Relax leg.
- Gently bend and straighten ankle.
- Move through full range of motion.
- Avoid pain.

Repeat \_\_\_\_ times.

Do \_\_\_\_ sessions per day.

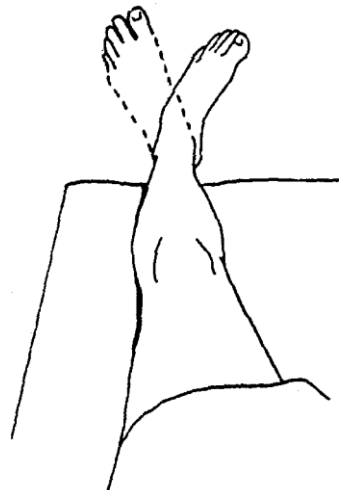


### 3. Range of Motion: Inversion/Eversion

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

Repeat \_\_\_\_ times.

Do \_\_\_\_ sessions per day.



\*25110\* Advice or Information

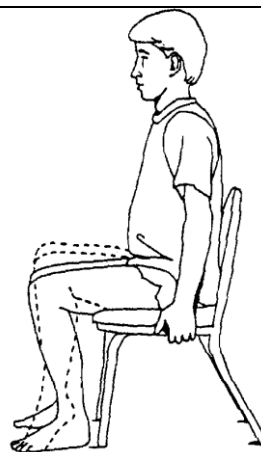
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#### 4. Sitting Heel Rise

- Rise up on balls of feet.

Repeat \_\_\_\_ times.

Do \_\_\_\_ sessions per day.

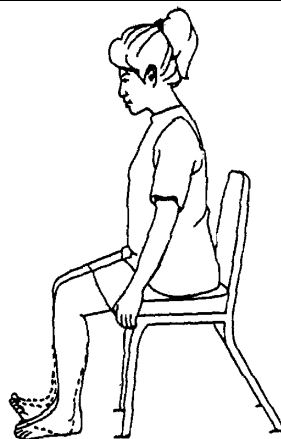


#### 5. Sitting Toe Raise

- Raise toes off floor, keeping heels on floor.

Repeat \_\_\_\_ times.

Do \_\_\_\_ sessions per day.



#### 6. Standing

- In your shoes, try to get your heel to touch the floor.
- You may need to hold something for support.

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*

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