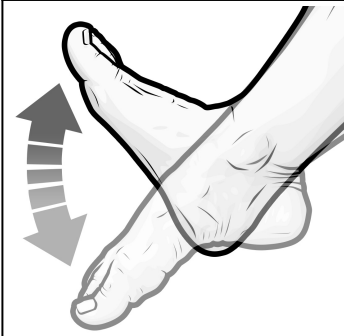


'GET MOVING' - ANKLE EXERCISES

**ANKLE PUMP**

Point your foot away from you and pull it back towards you in a smooth and pumping action. Complete this movement slow and controlled

SETS & REPS: 4-6 times

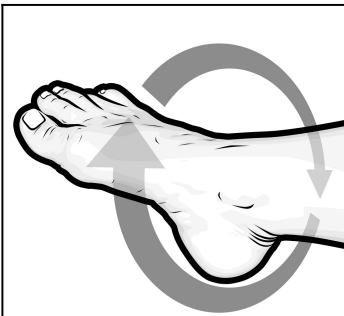
FREQUENCY: 2-3 x day

**ANKLE INVERSION / EVERSION**

Slowly turn the sole of your foot inwards as far as you can, then outwards as far as you can. Repeat this gentle movement as your pain allows

SETS & REPS: 4-6 times

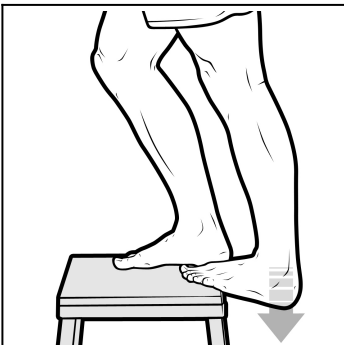
FREQUENCY: 2-3 x day

**ANKLE CIRCLES**

Rotate your ankle in large circles in each direction as your pain allows

SETS & REPS: 4-6 times

FREQUENCY: 2-3 x day

**CALF STRETCH ON STEP**

With the ball of your foot on the edge of a step and your knee straight, slowly drop your heel down until you feel a stretch in your calf. Hold. Do not push into high levels of pain. Stretches are not comfortable, but they should not hurt

SETS & REPS: 30sec hold

FREQUENCY: 2-3 x day