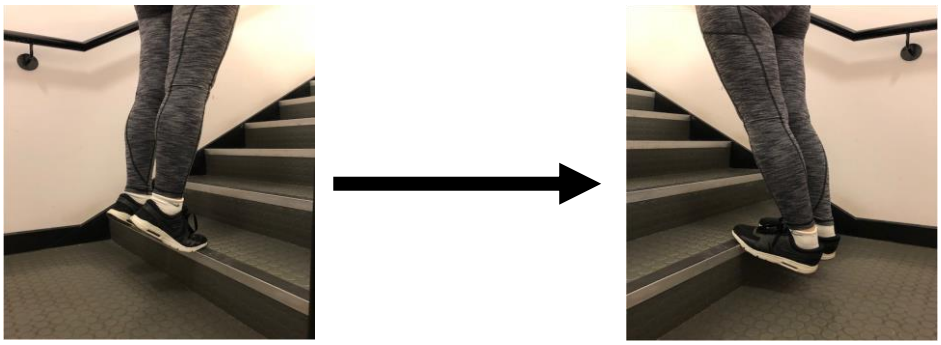
Foot and Ankle Strengthening: A patient's guide

Remember! Always do these exercises on both feet/legs

These exercises are intended to strengthen the foot and ankle giving you more stability, because of this they must be challenging. Therefore if an exercise becomes too easy gradually increase the number of repetitions until it is challenging again.

1.

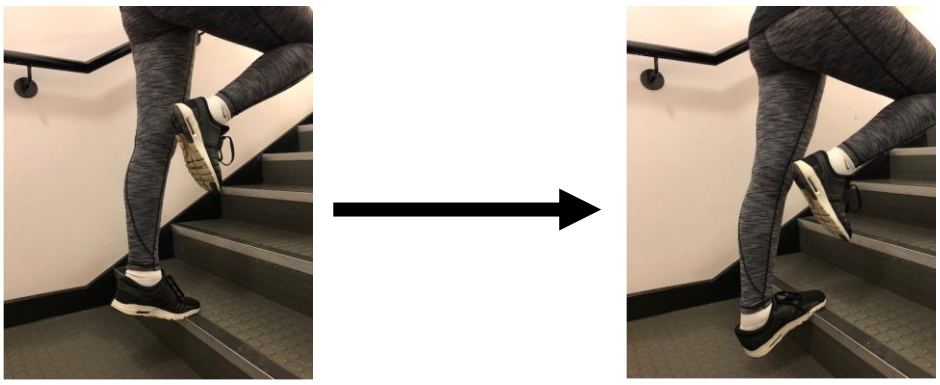


Slowly repeat these movements until you feel a slight discomfort.

How many times:

…….

2.

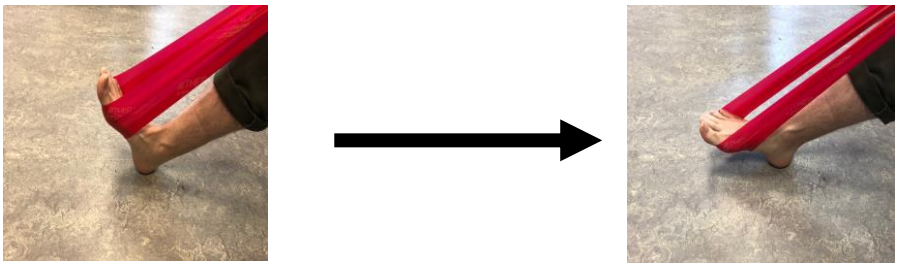


Slowly repeat these movements until you feel a slight discomfort.

How many times:

…….

3.

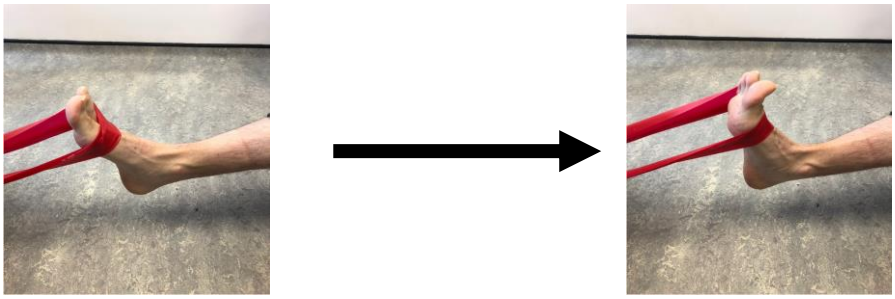


Slowly repeat these movements until you feel a slight discomfort.

How many times:

…….

4.

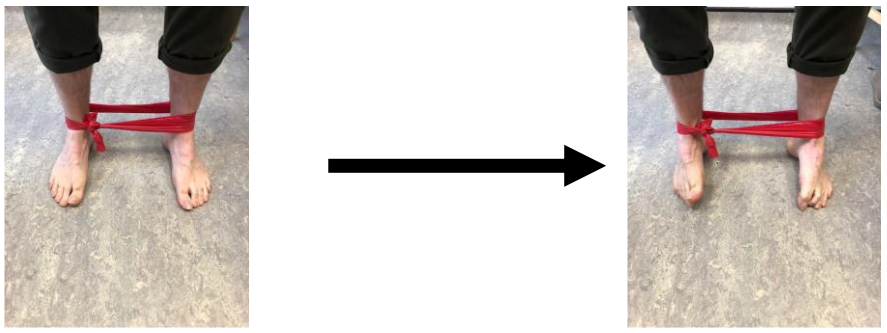


Slowly repeat these movements until you feel a slight discomfort.

How many times:

……

5.

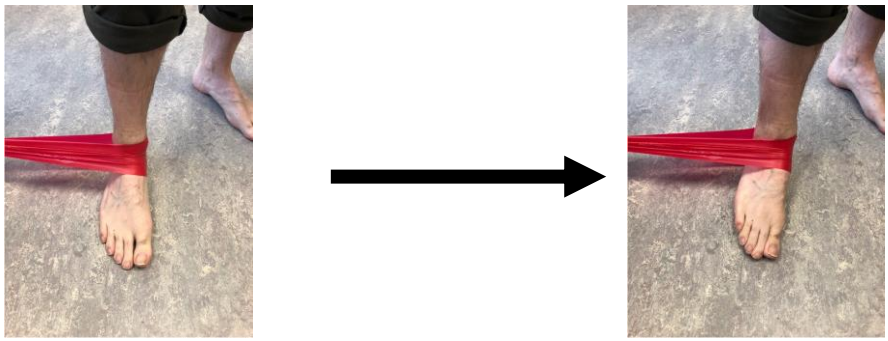


Slowly repeat these movements until you feel a slight discomfort.

How many times:

…….

6.

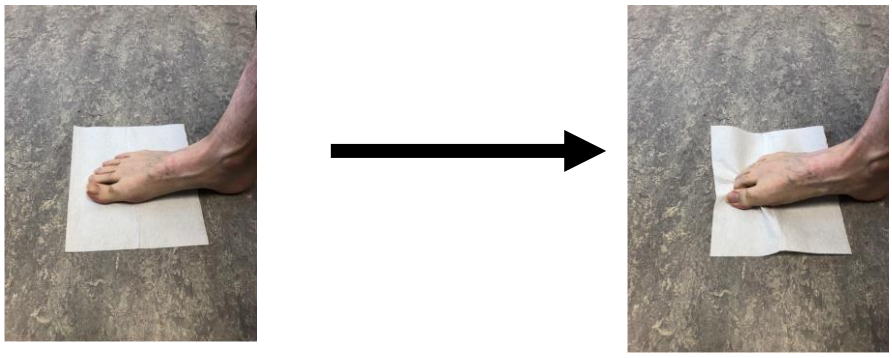


Slowly repeat these movements until you feel a slight discomfort.

How many times:

…….

7.



Slowly repeat these movements until you feel a slight discomfort.

How many times:

…….

Patient advice and liaison service (PALS)

If you have a question, compliment, comment or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

Whittington Health NHS Trust
Magdala Avenue
London
N19 5NF
Phone: 020 7272 3070
www.whittington.nhs.uk

Date published: 20/06/2018
Review date: 20/06/2020
Ref: PPP/Pod/FAS/01

© Whittington Health
Please recycle

Facebook/whittingtonhealth

@whithealth