



Patient & Family Guide
2016

Information Following Ankle Injury



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Information Following Ankle Injury

Physiotherapy Department _____

Date _____

Physiotherapist _____

What to expect after cast/bandage removal:

Swelling

- Your foot and ankle may be swollen. This may continue for months.
- The amount of swelling may vary throughout the day.
- To decrease swelling:
 - Elevate your leg when resting. Raise your foot above the level of your heart.
 - Bend your ankle and point your foot often.
 - If you have been given a compression stocking, wear it through the day and take it off at night and to do your exercises.
 - Elevate at night with pillows under your leg or mattress.
 - Use ice.

Stiffness

- Ankle and foot stiffness is common.
- Start moving your ankle to restore joint motion.
- You may have discomfort when you first start the exercises but this will gradually decrease as your ankle becomes more flexible.

Walking

- Your doctor or physiotherapist will tell you how much weight you are allowed to put on your foot/ankle, and the type of walking aide (e.g. cane, crutches) you may need.
- Do more walking as pain and endurance allows.
- Let pain and swelling be your guide.

Heat and ice

- **The incision needs to be well-healed (closed) and not infected before using heat.**
- Use heat (e.g. hot pack, hot water bottle, soak in warm water) for about 10-15 minutes before activity to help loosen up your foot/ankle.
- Use ice (e.g. a gel pack, bag of frozen vegetables) for about 10-15 minutes following activity to help control pain in your foot/ankle.

Exercises

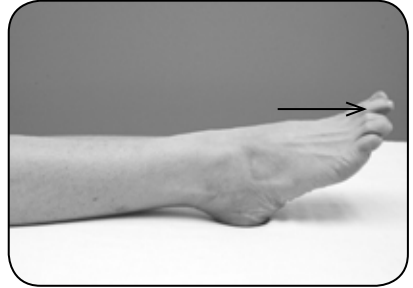
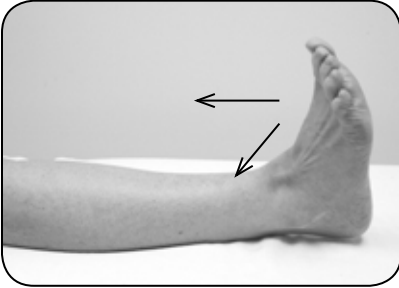
- It is important to hold the stretch for the full time to allow the muscles to stretch.
- Only do the exercises you have been asked to do.
- If your exercises are painful, talk about it with your physiotherapist.

Exercises

Do _____ times per day.

Move your foot up and down.

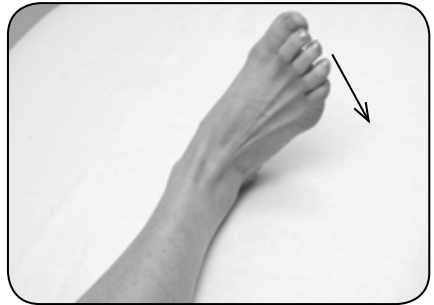
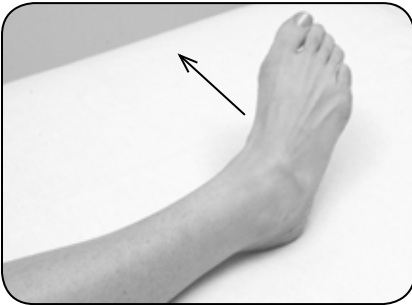
Repeat _____ times.



Move your foot in and out.

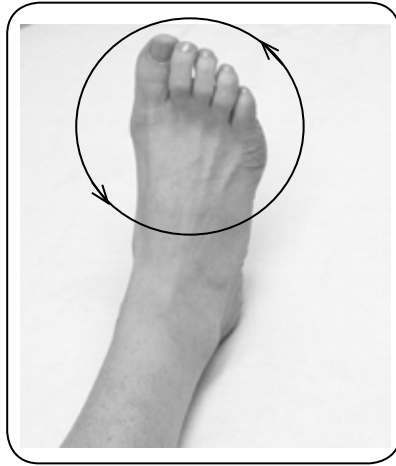
Do not move your knee.

Repeat _____ times.



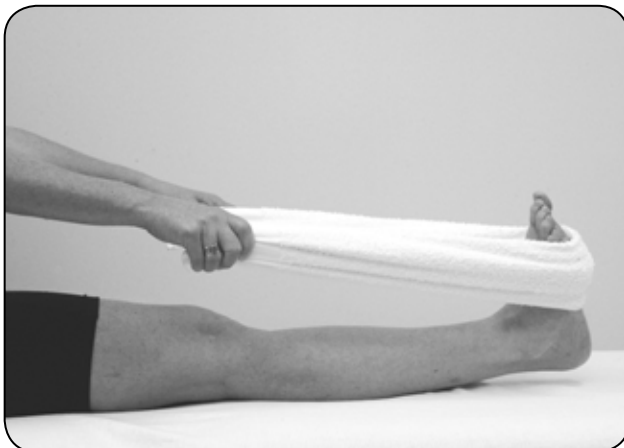
Make a circle with your foot.

Repeat _____ times.



Place a towel around the ball of your foot with your knee straight. Pull your foot towards you as far as possible. You should feel a stretch in the back of your calf. Hold for 15-20 seconds, then relax.

Repeat _____ times.



Place a towel around the ball of your foot, keeping your knee bent. Pull your foot towards you as far as possible. You should feel a stretch in the back of your calf. Hold for 15-20 seconds, then relax.

Repeat _____ times.



Place a towel around the ball of your foot. Turn your foot inwards using the towel.

Hold for 15-20 seconds, then relax.

Repeat _____ times.



Place a towel around the ball of your foot. Turn your foot outwards using the towel. Hold for 15-20 seconds, then relax.

Repeat _____ times.



Stand beside a chair and put your lower leg (shin) on the seat of the chair. Place your hand on your heel and push your heel and foot down onto the chair. Hold for 15-20 seconds, then relax.

Repeat _____ times.



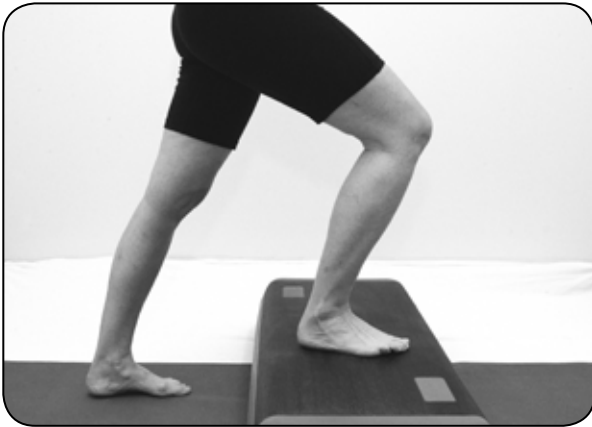
Kneel on the floor. Sit back on your heels, trying to get the top of your feet to touch the floor. Hold for 15-20 seconds, then relax.

Repeat _____ times.



Put your injured foot on a chair or step. Hold on to something for balance like a railing or chair. Lean forward, keeping your heel flat on the chair or step. You should feel a stretch in your ankle. Hold for 15-20 seconds, then relax.

Repeat _____ times.



Sit on a chair and place a towel on the floor in front of you. Place your foot on the towel.

Grasp the towel with your toes.

Repeat _____ times.



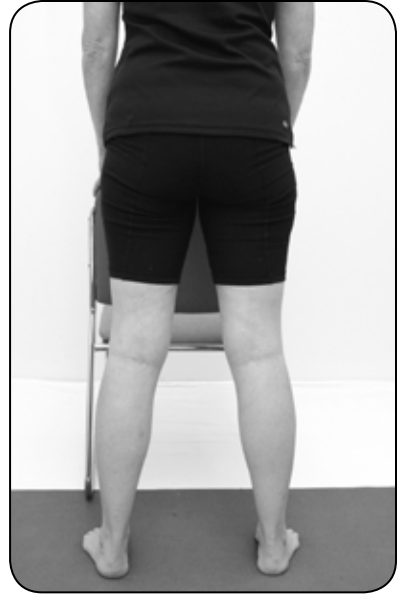
Sit on a chair and place a towel on the floor in front of you. Place the ball of your foot on the towel and your heel on the floor.

Grasp the towel with your toes. Pivot on your heel, using your toes to push the towel to the left. Repeat until you reach the end of the towel, then repeat to the right.

Repeat _____ times.



Stand with your feet shoulder-width apart. Hold on to something for balance (e.g. kitchen counter, chair).



Gradually try shifting your weight onto your sore foot/ankle. Hold for 15-20 seconds. Return to starting position.

Repeat _____ times.

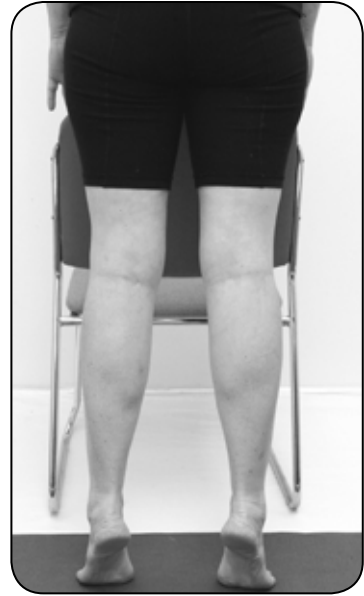


Stand with your feet shoulder-width apart.

Hold on to something for balance (e.g. kitchen counter, chair). Rise up on to your toes. Hold for 5 seconds, then slowly lower yourself.

Repeat _____ times.

Progression: When your ankle gets stronger, do this exercise without holding on to anything for balance.



Stand on the foot of your injured leg.

Hold on to something for balance (e.g. kitchen counter, chair). Rise up on to your toes. Hold for 5 seconds, then slowly lower yourself.

Repeat _____ times.

Progression: When your ankle gets stronger, do this exercise without holding on to anything for balance.



Stand with your feet shoulder-width apart. Hold on to something for balance (e.g. kitchen counter, chair). Lift the front of your feet off the floor, so that you are standing on your heels.

Hold for 5 seconds.

Repeat _____ times.

Note: Try not to lean backwards to lift the front of your feet.

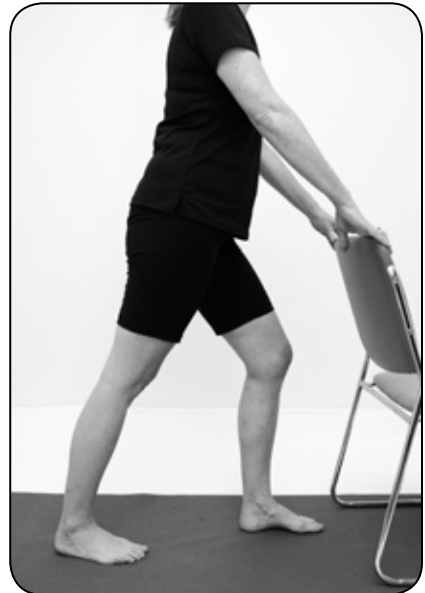


Stand with your hands on a wall or chair with your injured foot behind the other foot.

Keep the sore leg straight with the heel on the floor.

Bend the front leg, and lean towards the wall or chair. You should feel a stretch in the calf of the injured leg. Hold for 15-20 seconds. Relax.

Repeat _____ times.



Stand with your hands on a wall or chair with your injured foot behind the other foot.

Bend the knee of the injured leg, keeping your heel on the floor. Bend the front leg, and lean towards the wall or chair. You should feel a stretch in the calf of the injured leg. Hold for 15-20 seconds. Relax.

Repeat _____ times.



Stand by something stable (e.g. kitchen counter) and hold on with both hands. Balance on your injured foot.

Gradually try to decrease the amount of hand support, e.g. use 1 hand, then no hands.

Hold for 15-20 seconds. Relax.

Repeat _____ times.



When your ankle gets stronger and you can stand without support, do this exercise with your eyes closed.

Stand with your heel over the edge of a step. Use the railing for balance.

Lower your heel and hold for 15-20 seconds. Rise up on your toes and hold for 5 seconds, then slowly lower.

Relax.

Repeat _____ times.



Progress to one leg as shown in the picture.



Strengthening

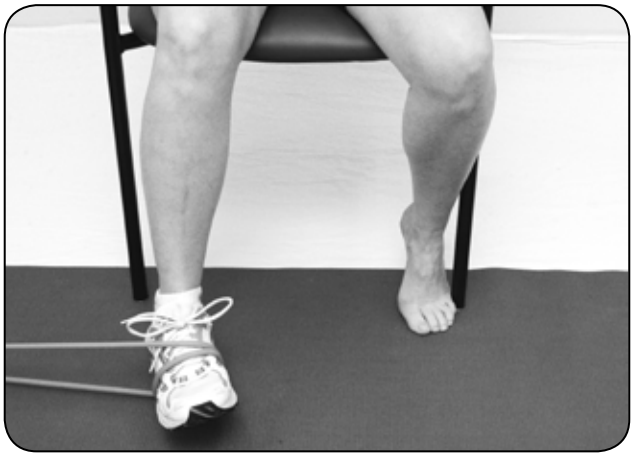
Position your ankle to push or pull against the tubing. Only your foot and ankle should move with these exercises.

Sit on a chair or on the floor. Wrap tubing around your foot and loop the tubing around the leg of a table or sofa.

Move your foot outwards so that the little toe moves out and up against the resistance of the tubing. Hold for 5 seconds, then return to the starting position. Repeat _____ times.

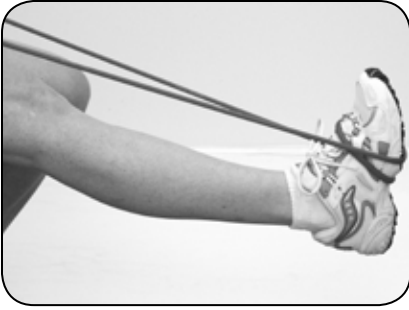


Move your foot inwards so that the big toe moves in and up against the resistance of the tubing. Hold for 5 seconds, then return to the starting position. Repeat _____ times.



Push your foot down against the tubing. Hold for 5 seconds, then return to the starting position.

Repeat _____ times.



Pull your foot up against the tubing. Hold for 5 seconds, then return to the starting position.

Repeat _____ times.



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The information in this pamphlet is to be updated every 3 years or as needed.