



## Ankle, Lateral Ligament

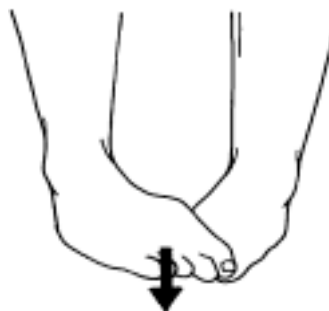
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Try whichever exercises are comfortable to perform.

Exercises should not cause pain / discomfort either during or afterwards.



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Sit on a chair or on the floor. Put one foot on top of the other foot.

Try to point the toes of the foot that is on top while preventing any movement with the foot that is underneath. Hold approx. 5 secs.

Repeat \_\_\_ times.



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Sit on a chair. Cross the ankle to be stretched over the other knee.

Place your hand on the top of your foot and stretch your ankle (point toes). Hold approx. 20 secs. Feel the stretch in your shin.



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Sitting with your foot on the floor.

Alternately raise the inner border of your foot (big toe) and then the outer border (little toe).

Repeat \_\_\_ times.

Repeat \_\_\_ times.



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Lying on your back or sitting.

Bend and straighten your ankles briskly. If you keep your knees straight during the exercise you will stretch your calf muscles.

Repeat \_\_\_ times.



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Stand straight holding a 1-2 kg weight in your hand.

Lift the weight with your arm straight forwards and up, then lift up your knee on the opposite side of your body. Keep your balance and hold.

Repeat \_\_\_ times.