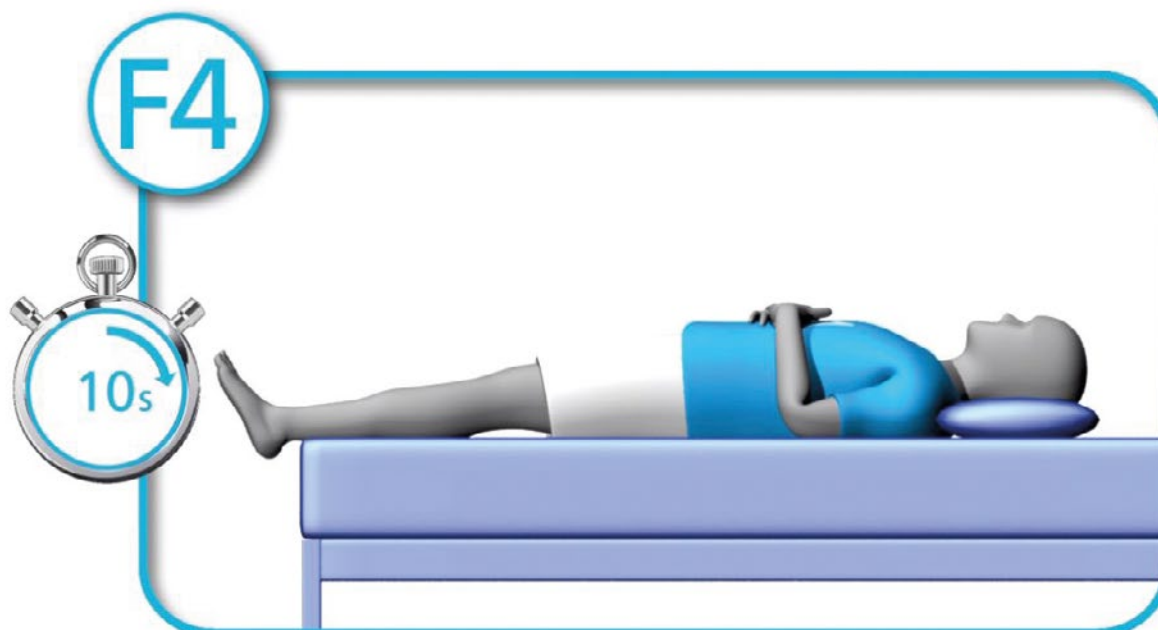


Flexibility/stretching – Lower body

Joint: ankle



Lie in a comfortable position and move the foot up for a count of about 10 seconds, and down for a further count of about 10 seconds.

Comments

- If it is more comfortable, lie on a bed or sofa and extend the legs over the end.

Functional application

Useful where there is difficulty getting out of bed – carry out the stretching exercise in bed before rising – or if the ankles feel stiff after a period of inactivity.

Useful where walking distance is limited because of stiffness in the ankles.

Patient's name

Date

Number of repetitions Number of sets

Number of times per week Number of weeks

Other instructions