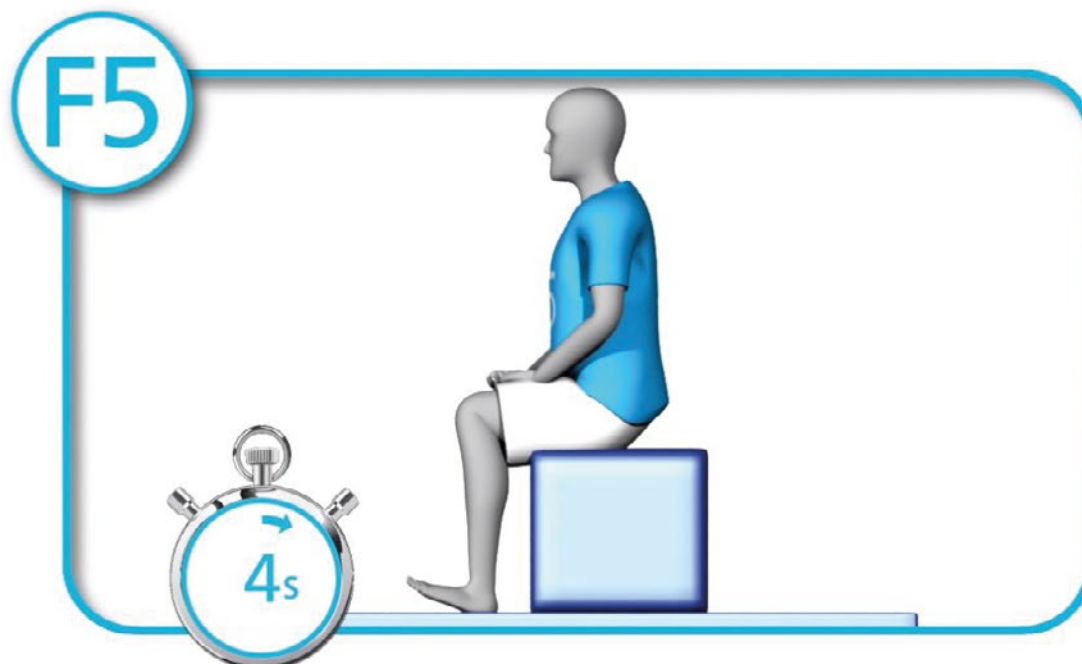


Flexibility/stretching – Lower body

Joint: ankle



Sit in a chair with the feet flat on the floor and slowly raise the front of the foot over a count of about 4 seconds while keeping the heels down.

Comments

- Sit towards the edge of the chair, in a comfortably upright position, and think about using the abdominal muscles to support the trunk. In this sitting position tilting the pelvis slightly forward will help to activate the trunk muscles.

Functional application

Useful where walking distance is limited because of stiffness in the ankles, after a period of inactivity or first thing in the morning.

An advantage of this exercise is that it can be done at school or work, or on the train, bus or plane.

Patient's name

Date

Number of repetitions

Number of sets

Number of times per week

Number of weeks

Other instructions