

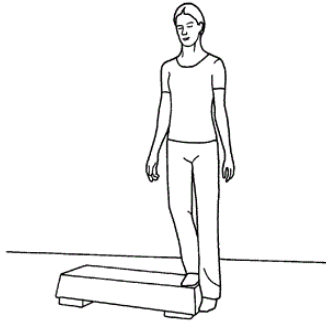


Personal exercise program

Advanced Ankle exercises

New Forest Physiotherapy Southampton
Gang Warily Recreation Centre, Fawley SO45 1GA
Unit 311 Solent Business Centre, Southampton SO15 0HW
www.newforestphysio.co.uk, T: 023 8008 9120

Provided by Rosy Challis
Provided for
Training start date 1/14/2016

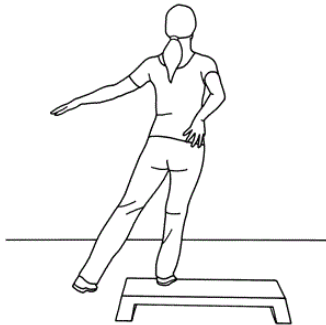


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Stand sideways on a step with one foot hanging over the edge of the step.

Slowly bend your knee allowing your other foot to brush the floor.

Repeat 10 times.



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Stand on a step board.

Bend one leg and move the other leg to the side. Put your weight on your heel. Do not let your knee move further than your toes. Return to the starting position.

Repeat 10 times.



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Stand straight.

Take a step forward and bend your knees. Return to the starting position.

Repeat 10 times.



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Stand with your feet hip width apart.

Sit back and stop when your thighs are parallel to the floor. Return to the starting position using your buttock muscles.

Repeat 10 times.

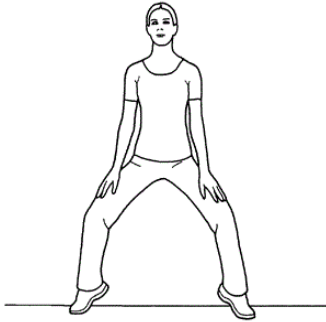


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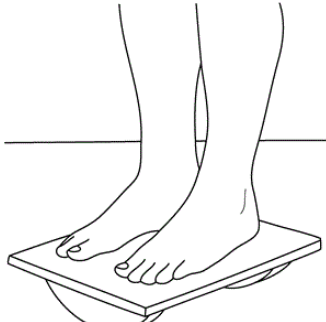


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Stand with feet wide apart and knees bent. Put your hands on your knees or on your waist.

Lift both heels off the floor.

Repeat 10 times.

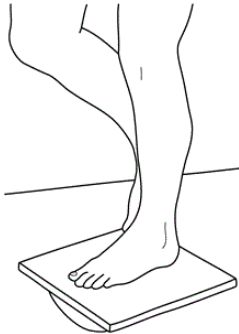


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Aim: 2-leg stance on Rocker Board for balance in frontal plane.

Instructions:

Stand with both feet perpendicular to Rocker bottoms. Keep board parallel to ground. Keep your back and neck straight. Avoid hyperextending your knees.



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Aim: 1-leg stance on Rocker Board for balance in frontal plane.

Instructions:

Stand on one leg with foot perpendicular to Rocker bottoms. Keep board parallel to ground. Keep your back and neck straight. Avoid hyperextending your knee.