

Exercises for recovering ankle range of motion after a cast

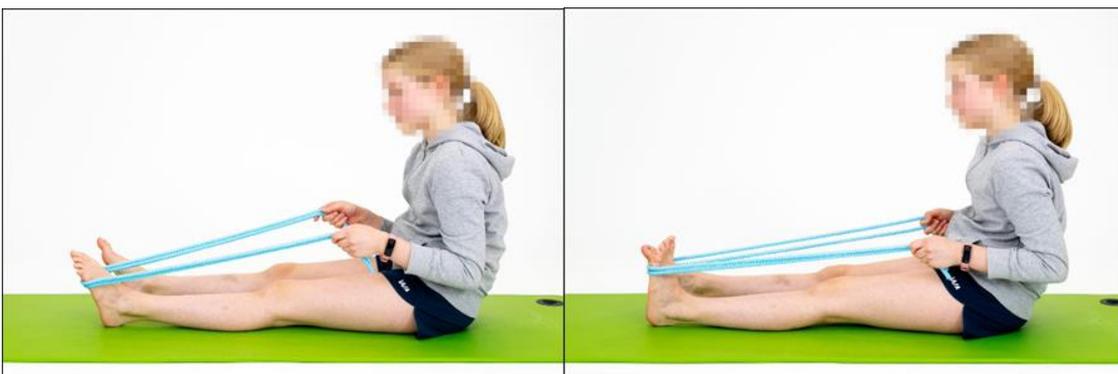
The aim of these exercises is to help recover normal mobility and functional ability.

Don't be worried if the full movement path is not possible straight away. The movements may feel stiff in the beginning and you may feel sensations in the joint and in the fracture area. Mobility will return gradually in 3–4 weeks. It is important to practice actively several times a day. You cannot overdo the exercises. Practice within the limits allowed by pain.

Exercises



Exercise 1: Bend and extend the ankle with a movement path that is as wide as possible. You can do the exercise lying on your back or sitting.



Exercise 2: Stretching the calf with a resistance band/towel/skipping rod, etc.: Sit with your legs extended in front of you. Place the band or the towel around the ball of your foot. Pull the band carefully and feel a stretch in the calf. Hold the stretch for 10–20 seconds. Do the stretch separately with you knee extended and bent.



Exercise 3: Ankle mobility exercise: Sit on a chair and slide the foot forward and back slowly. Move the foot as far as you can in both directions. Keep the sole and the heel on the floor during the whole movement.



Exercise 4: Stand with good posture. Keep your weight evenly on both legs and use support if necessary. Rise onto your toes and return to the starting position, slowing down the movement.

Returning to free-time physical activity and to physical education at school

You can resume free-time physical activities and go back to physical education classes when the range of motion of the knee and the ankle are normal and you can move them without symptoms. In practice, you must be able to fully straighten the knee and bend it as much as the other knee. You can assess the movement of the ankle by rising on your toes. You should be able to lift your heels equally high and when you squat, your heels should stay on the floor or rise from the floor at the same time.

Contact information

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