



MEAD PHYSIO GROUP

LINKED HEALTH CARE

Physio | Clinical Pilates | Massage

ANKLE REHABILITATION

Calf Stretch



Stride stand facing a wall with hands supported up on it. The back leg to be stretched must be straight, toes forward and arch preserved. Tighten your buttock on the side to be stretched to help avoid arching your back. While keeping your heel on the ground, lunge forwards and backwards.

Soleus Stretch



Stride stand with hands supported up on a wall. The back leg to be stretched must be straight, toes forward and arch preserved. While keeping your heel on the ground, bend your back knee to increase the stretch in your lower Achilles region. Return to the start position



Step Walking

Position yourself on a step with both heels over the edge of the step. Raise up on to your toes on one leg while dropping your heel below the step on the other leg. Alternate this movement from one leg to the other.

Calf Raises- Two Feet



Position yourself on a step with both heels over the edge of the step. Raise up on to your toes and then lower your heels below the edge of the step.

Balance- One Leg



Roll up a towel and position it in the middle of the floor. Place one foot up onto the towel while bending the non-exercising leg up off the floor. Maintain your balance. To increase the degree of difficulty, shut your eyes at the same time.

Lateral Hops-One Leg



Position a rolled up towel in the middle of the floor. While standing side on to the towel, hop up and over it, landing on a slightly bent knee and on the front of your foot. Repeat the hop to the other side.

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