

### Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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## INFORMATION FOR PATIENTS

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## Therapy Services

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# Ankle range of motion exercises

**If you are viewing this leaflet online, please click on the following link to watch information videos. If you have a paper copy, please copy the link into your browser:**  
<https://www.youtube.com/watch?v=rqiqjaxylJw>

- Sitting or lying down, move your affected ankle:
  - By pointing your toes forwards (away from you).
  - By pulling your foot and toes up (towards you).
  - Turning the sole of your foot inwards (to face your opposite foot).
  - Turning the sole of your foot outwards (facing away from your other foot).
  - Rolling your ankle around making circles – one way and then the other.
- You may find it helpful to use your hands to assist in moving your ankle – especially if it is particularly swollen and stiff.
- You could also use a towel – place it around the ball of your foot, holding both ends with your hands pull the towel so that you are pulling your toes backwards to face you.

This type of exercise is a 'range of movement exercise' therefore it is recommended that you do these exercises regularly throughout each day.

Allow pain to be your guide. Also you might find it easier to use either ICE or HEAT during and/or after doing these exercises.

