

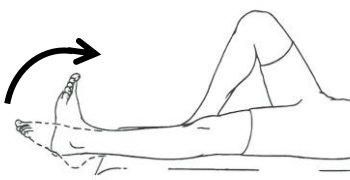
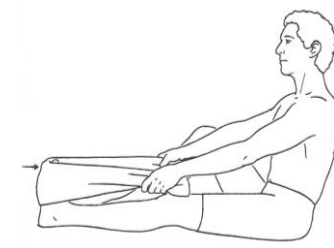

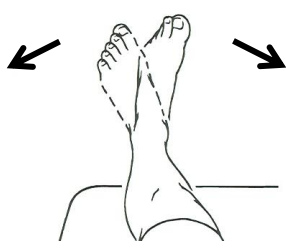
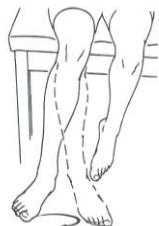
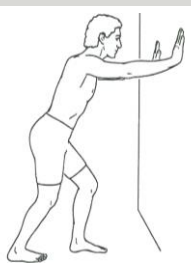



Exercises after Burn Injury to your Foot and Ankle




A) Stretching Activities

Scan the QR code to watch videos of the exercises








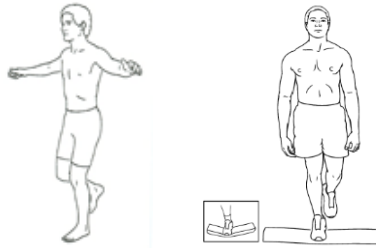
Stretches should be completed **4 to 5 times per day**. **Hold each stretch for 1 minute** at the maximum range of motion for the best effect. Follow your stretches with some exercises from Section B) Strengthening and Endurance Activities.




| | | |
|--|---|---|
| <p><input type="checkbox"/> 1. Ankle Upwards</p>  <ul style="list-style-type: none"> • Pull your toes up towards your head, keeping your leg straight • Hold for 1 minute | <p><input type="checkbox"/> 2. Ankle Upwards with Towel</p>  <ul style="list-style-type: none"> • Sit with your knee straight and a towel looped around your foot • Gently pull on the towel to bring your toes up towards your head • Hold for 1 minute | <p><input type="checkbox"/> 3. Ankle Downwards</p>  <ul style="list-style-type: none"> • Point your toes and ankles down as far as you can, keeping your leg straight • Hold for 1 minute |
| <p><input type="checkbox"/> 4. Ankle In and Out (Lateral)</p>  <ul style="list-style-type: none"> • Move your ankles inwards and hold for 1 minute • Move your ankles outwards and hold for 1 minute | <p><input type="checkbox"/> 5. Ankle Circles</p>  <ul style="list-style-type: none"> • Slowly rotate your ankle around in a clockwise circle • Now change direction and make the circles anticlockwise • Continue for 1 minute | <p><input type="checkbox"/> 6. Calf Stretch (Bent Knee)</p>  <ul style="list-style-type: none"> • Lean against the wall and place one foot behind the other • Slowly lean forwards whilst keeping your heels on the floor and your back knee bent • Hold for 1 minute |
| <p><input type="checkbox"/> 7. Calf Stretch (Straight Knee)</p>  <ul style="list-style-type: none"> • Lean against the wall and place one foot behind the other • Slowly lean forwards whilst keeping your heels on the floor and your back knee straight • Hold for 1 minute | <p><input type="checkbox"/> 8. Lowering over Step</p>  <ul style="list-style-type: none"> • Stand on a step and lower your heel over the edge of the step • Hold for 1 minute | <p><input type="checkbox"/> 9. Stretch + Heel Raise</p>  <ul style="list-style-type: none"> • Stand on a step and lower your heels over the edge of the step • Hold for 1 minute • You can then raise up onto your toes to do a heel raise before you repeat the stretch |

| <input type="checkbox"/> 10. Ankle & Toe Stretch (4pt kneel) | <input type="checkbox"/> 11. Ankle & Toe Stretch (Kneeling) | <input type="checkbox"/> 12. Seated Toe Flexion |
|--|---|---|
|  |  |  |
| <ul style="list-style-type: none"> Kneel down and gently rock your bottom back onto your heels Hold for 1 minute | <ul style="list-style-type: none"> Kneel down but stay upright, gently rock your bottom back onto your heels Lean backwards to apply further downward pressure to your heels Hold for 1 minute | <ul style="list-style-type: none"> Use your hands to curl your toes under as far as you can Hold for 1 minute If you can't reach your toes, try to do a similar stretch by putting your foot on a block / chair / step behind your |

B) Strengthening, Endurance and Balance Activities

Strengthening exercises should be done after completing your stretching exercises from Section A. Unless told otherwise by your physiotherapist, start your strengthening exercises at **3 sets of 10 repetitions initially with 1 minute rests between each set**. To make the exercises harder, increase the number of repetitions first up to 12 and then 15. Once you are able to do 3 sets of 15 comfortably, you can then increase the weights required for each exercises.

| <input type="checkbox"/> 1. Toe Raise in Standing | <input type="checkbox"/> 2. Mini Squats | <input type="checkbox"/> 3. Stepping Down from a Step |
|---|---|---|
|  |  |  |
| <ul style="list-style-type: none"> Whilst standing, slowly lift your toes up as far as you can Hold for 5 seconds Complete 3 sets of 10 | <ul style="list-style-type: none"> Keeping weight evenly distributed on both feet, squat down until your thighs are parallel to the floor Hold for 5 seconds Complete 3 sets of 10 | <ul style="list-style-type: none"> Stand on a step, slowly lower one foot to the ground, concentrate on keeping your back heel down as long as possible Complete 3 sets of 10 |
| <input type="checkbox"/> 4. Double Heel Raise (Standing) | <input type="checkbox"/> 5. Single Heel Raise (Standing) | <input type="checkbox"/> 6. Balance on One Leg |
|  |  |  |
| <ul style="list-style-type: none"> Stand with weight evenly distributed on both feet, slowly rise-up onto your toes Hold for 5 seconds Complete 3 sets of 10 | <ul style="list-style-type: none"> Stand on one foot, slowly rise-up onto the toes of one foot Hold for 5 seconds Complete 3 sets of 10 | <ul style="list-style-type: none"> Stand on one leg with your eyes open for as long as you can Now try with your eyes closed Now try standing on an uneven surface |

| □ 7. Toe Raise in Sitting | □ 8. Heel Raise in Sitting | □ 9. Toe Curls |
|--|---|--|
|  |  |  |
| <ul style="list-style-type: none"> • Sit on a chair, lift your toes up as far as you can • Hold for 5 seconds • Complete 3 sets of 10 | <ul style="list-style-type: none"> • Sit on a chair, lift your heels up as far as you can • Hold for 5 seconds • Complete 3 sets of 10 | <ul style="list-style-type: none"> • Sit on a chair and spread a towel or sheet on the floor in front of you • Curl your toes to try and pull the towel / sheet towards you • Complete 3 sets of 10 |



If you have any questions about your exercise program, please discuss with your physiotherapist at your next appointment or call the **RBWH Physiotherapy department on 3646 4319** to speak with your physiotherapist for more information.

Scan this QR code for more information on our website

