

## Exercise Prescription: Repeated Plantar Flexion

### Purpose of Exercise:

This is a self-treatment for ankle stiffness and can be used as one of the exercises to prevent ankle stiffness/pain from recurring once you have achieved full recovery.

### Frequency:

3-4 times per day or about once every 3-4 hours.

### Starting Position:

Sit in a comfortable position with the affected leg crossed as shown (1).

### Exercise Description:

Placing your hands as shown, flex your ankle until a stretch is felt along the top of your foot (2). If a stretch is not felt, pull the foot into inversion until an appropriate stretch is felt (3).

Hold this position for 2-3 seconds, then return to the starting position. Repeat this motion 10-20 times.

Remember that some minor new pains are normal and expected but should decrease with each subsequent repetition. If the pain becomes worse with each repetition, discontinue the exercise.

### Pictures:



1



2



3