



Department of Physiotherapy Foot and Ankle Care

Things to take note

Weight-bearing status – Be compliant to the weight-bearing status at all times unless otherwise advised by your doctor/physiotherapist.

R.I.C.E. to reduce pain and swelling:

- **Rest** – do not put weight on your affected limb until your doctor has allowed you to do so. Avoid activities that cause more pain or discomfort. Appropriate rest helps to protect injured tissue from further injury and prevents delay in healing.
- **Ice** – apply ice for 15 to 20 minutes, 3 to 5 times a day.
- **Compress** – compression of affected limb. E.g. Bandage, elastic wrap.
- **Elevate** – raise your lower limb at or above the level of your heart to encourage circulation back to the body.

Purpose of exercises


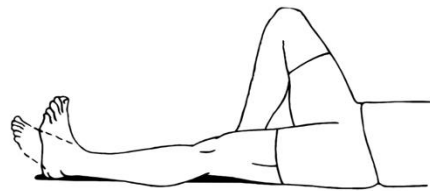
1. Maintain range and strength of your lower limbs.
2. Optimise blood circulation, facilitating wound and bone healing.
3. Facilitate walking with or without gait aid.

Outpatient Physiotherapy will be arranged when you are ready to start rehabilitation to regain foot and ankle movement and strength.

You may be advised to do some of the following exercises by your therapist.

Please check with your therapist if you are unsure of how to carry them out.

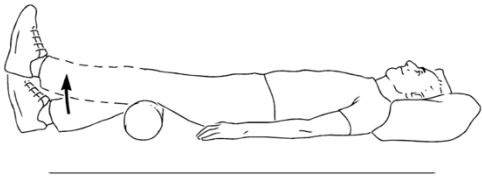

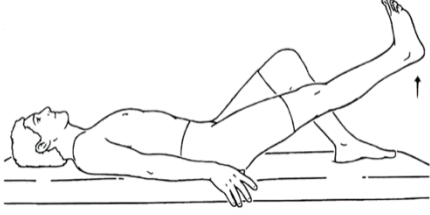
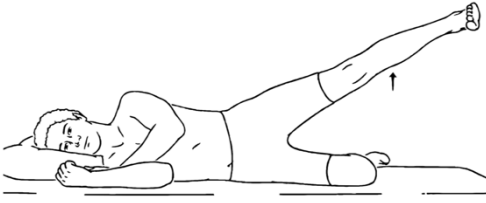
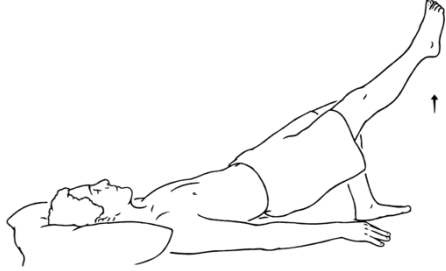
All exercises should not result in more pain. If so, stop the exercises and inform your therapist.

Exercises (Lower limb)	
<p>1. Toe wiggling Flex and extend your toes. Repeat 10 times hourly.</p>	
<p>2. Ankle pumps Bend your foot up and down at your ankle. Repeat 10 times hourly.</p>	

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<p>3. Inner range quads With a rolled towel under the knee, slowly lift your leg into full extension. Repeat 10 times, hold 10 seconds.</p>	
<p>4. Seated knee extension From your seated position, with your knee bent, slowly lift your leg into full extension. Repeat 10 times, hold 10 seconds.</p>	
<p>5. Straight leg raise Lying on your back with your knee straight, lift your whole leg off the bed. Repeat 10 times, hold 10 seconds.</p>	
<p>6. Hip abduction Lie on your side and bend your lower knee. Lift your whole upper leg, keeping your knee straight. Repeat 10 times, hold 10 seconds.</p>	
<p>7. Single leg bridging Lying on your back with your knee straight, lift your whole leg off the bed. Bend your other leg, with your foot on the bed. Tighten your buttocks and lift off from the bed. Repeat 10 times, hold 10 seconds.</p>	

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