

Bed Exercise 1

Ankle range of movement

Difficulty level: easy

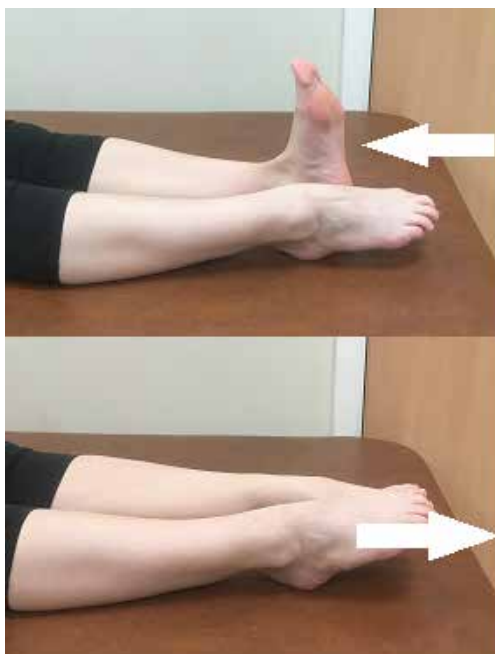
Benefits for example:

- improved circulation
- maintains and improves ankle joint range
- enables a comfortable foot position when sat in a chair
- helps with balance when walking because your foot is not stuck in one position.

Instructions

Point your toes towards the end of the bed, and then flex your foot so that your toes are pointing to the ceiling.

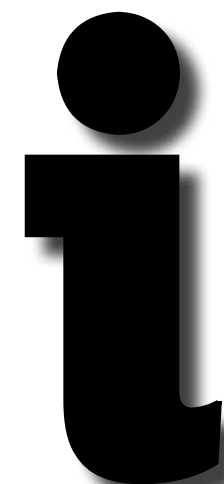
Repeat _____ times, _____ times a day



Progression of exercise:

Resisted?

Complete this exercise with a Theraband hooked over the top of your foot.



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The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.