

## Chair Exercise 3

### Ankle range of movement exercise

**Difficulty level:** easy

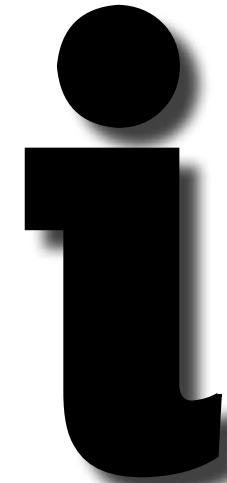
#### Benefits for example:

- improved circulation
- maintains and improves strength and range of movement of your ankle
- this enables you to:
  - \* maintain or improve your ankle joint range
  - \* have your foot in a comfortable position when you are sitting on a chair
  - \* helps you to balance when walking because your foot is not stuck in one position.

#### Instructions

Point your toes down towards the floor and then flex your foot up at the ankle.

Repeat \_\_\_\_\_ times, \_\_\_\_\_ times a day



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

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