

3. Lying on your back or sitting.

Turn your ankle to the right and left as far as you can.



Repeat this exercise times, every

If you are struggling with any of the exercises or have any concerns, ring the following number: 0151 430 1237.

Or you can ask to speak to a physiotherapist when you come back to clinic.

Therapist:

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

Knee and ankle exercises

This leaflet can be made available
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

Knee Exercises

1. Lying on your back with your legs straight.

Point your toes to the ceiling and push your knee down firmly against the bed.

Hold for 30 seconds.



Repeat this exercise times, every

2. Lying on your back, bend your hip and knee by sliding your foot up towards your bottom. Then straighten your hip and knee back out again.



Repeat this exercise times, every

Ankle Exercises

1. Lying on your back or sitting, bend and straighten your ankle as far as you can.

Try to keep your knee straight during the exercise.



Repeat this exercise times, every

2. Sitting with your leg straight out in front of you, put a band around your foot.

Gently pull the band. You should feel a stretch down the back of your leg. Hold for 30 seconds.



Repeat this exercise times, every