



Mobilising (Rotation)
The following exercises are carried in a seated position with the leg fully extended and the foot about 12 inches above the floor.

- 1) With the foot in a neutral position, rotate the foot at the ankle joint, describing a circle with the toes in a clockwise direction
- 2) Repeat 10 - 20 times

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Mobilising (Dorsiflexion)

- 1) With the foot in a neutral position, lift the toes up towards the shin as far as they can go and return to the neutral position.
- 2) Repeat 10 - 20 times

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Mobilising (Plantarflexion)

- 1) With the foot in a neutral position, point the toes down towards the floor as far as they can go and return to the neutral position.
- 2) Repeat 10 - 20 times

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Mobilising (Inversion)

- 1) In a seated position with the foot flat on the floor, roll the affected foot on to the OUTER edge of the foot, so that the sole is facing inwards and then return to the start position.
- 2) Repeat 10 - 20 times

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Mobilising (Eversion)

- 1) Roll the affected foot on to the **INNER** edge of the foot, so that the sole is facing outwards and return to the start position.
- 2) Repeat 10 - 20 times

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Mobilising (Abduction)

- 1) Sitting on the floor/bed, rest the back edge of the heel on a flat surface
- 2) Turn the affected foot **OUTWARDS** by rolling on the heel away from the other foot and return to the start position.
- 3) Repeat 10 - 20 times

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Mobilising (Adduction)

- 1) Turn the affected foot **INWARDS** by rolling on the heel towards the other foot and return to the start position.
- 2) Repeat 10 - 20 times

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Mobilising (Heel & Toe Taps)

- 1) With both feet flat on the floor, go up on to your toes as high as you can, so that your feet are pointing downwards, return to the feet flat position then resting on your heels raise the toes up as high as you can.
- 2) Repeat 10 - 20 times

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