

Ankle Activator

Purpose

- To mobilise the ankles and help prevent or reduce stiffness. This exercise will also improve stability and help with walking.

Position

- The person should be seated with their back supported and upright.
- Avoid locking out the knee joint.
- Keep the thigh in contact with the chair at all times.

Action

- Sitting tall in the chair.
- Take one foot forward and lift off the ground.
- Ensure the knee is slightly bent.
- When comfortable point the toe forward, and then point the toe up to ceiling.



Contact us

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