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Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Ankle Exercises for Children with Ankle Sprains

Paediatric Department

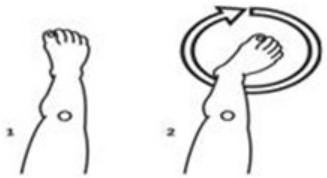
Patient Information

Ankle Exercises for Children with Ankle Sprains

Encourage your child to gently exercise and stretch the ankle joint. This should begin 72 hours after the injury to minimise stiffness. Start with exercise 1 and progress to exercise 4. Your child may have some mild pain at first; if significant pain is experienced further rest is required. Walking on the ankle should be encouraged after 2-3 days if pain is bearable. Active movement will quicken the healing process.

1. **Ankle Alphabet**

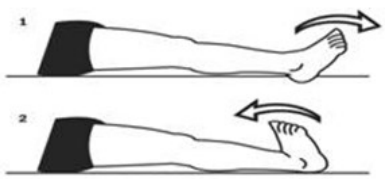
Using your ankle and foot only, trace (in the air) the letters of the alphabet from A-Z



2. **Foot circles**

Make a circle with your right/left foot.

Repeat this 10 times



3. **Foot pushes**

Push your right/left foot up and down 10 times.

4. **Calf Stretch (a)**

With the knee *straight,* use a towel to gently pull the foot towards your face until

a stretch is felt in the calf. Hold this stretch for 30 seconds. Do this 3 times

OR (b) Assisted calf stretch

Get someone to help you! With the knee straight, and holding onto the foot, gently pull it towards the face. The child should feel a comfortable stretch in the calf.

Hold for 30 seconds. Do this 3 times

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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