
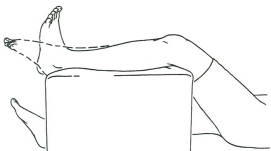


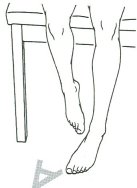
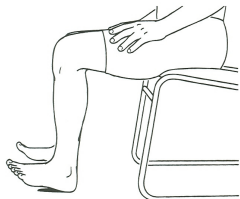
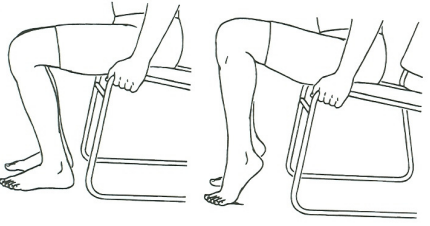
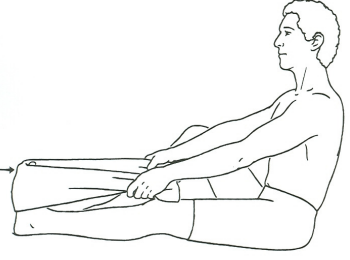
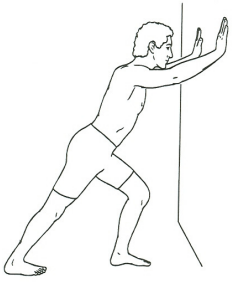
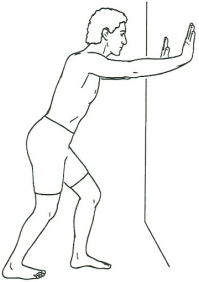

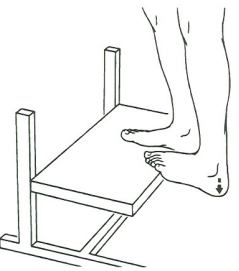


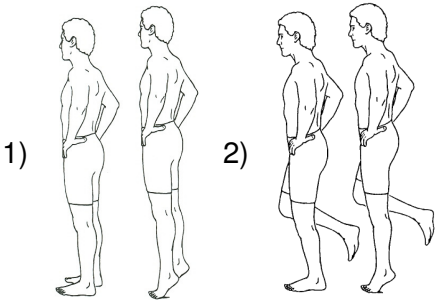


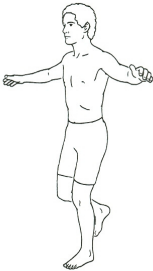


Exercises after Burn Injury to your Foot and Ankle

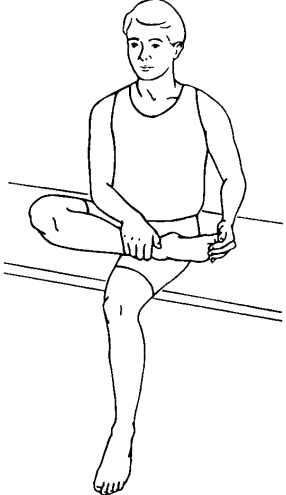
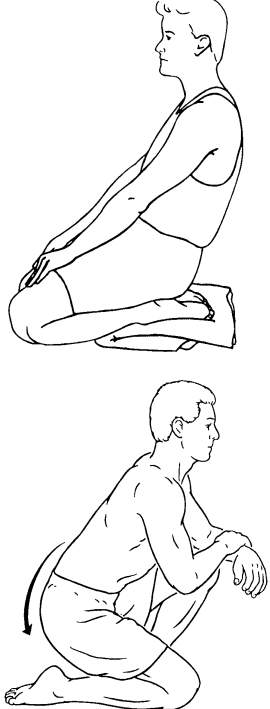
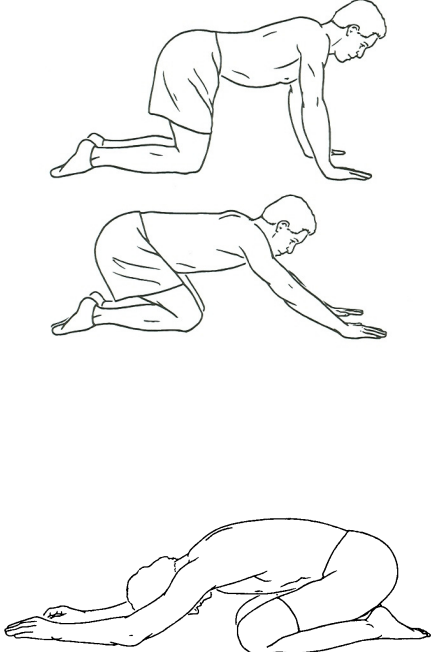
After a burn injury to your foot and ankle, your skin will tighten in an attempt to close and heal the wounds as quickly as possible. During this process it is common for skin contractures (tissue shortening) to develop. Your skin may become tight and this is likely to affect your ability to perform daily activities with your foot and ankle such as walking, running, squatting and may also affect your balance.

The exercises provided will help to improve the strength of your foot & ankle muscles and also stretch the skin on your foot and ankle. This will help prevent skin contractures, reduce skin tightness and restore full movement at your foot and ankle. It is recommended that you perform these exercises regularly throughout the day - **Every hour is ideal but a minimum of 4 to 5 sessions throughout the day.**

<input type="checkbox"/> Ankle Upwards (Dorsiflex)	<input type="checkbox"/> Ankle Downwards (Plantarflex)	<input type="checkbox"/> Ankle in and out (Lateral)
		
<ul style="list-style-type: none"> ➤ Bend your ankle and pull your foot backwards towards your head. Hold for 1 minute. ➤ Do this on each leg <p>Do 10 times holding for 1 minute</p>	<ul style="list-style-type: none"> ➤ Point your toes and ankle down as far as you can. Hold for 1 minute ➤ Do this on each leg <p>Do 10 times holding for 1 minute</p>	<ul style="list-style-type: none"> ➤ Move ankle up and outwards. Hold for 1 minute ➤ Now move ankle inwards and hold for 1 minute. ➤ Do this on each leg. <p>Do 10 times holding for 1 minute</p>
<input type="checkbox"/> Ankle Circles	<input type="checkbox"/> Ankle Alphabet	<input type="checkbox"/> Toe Raise in Sitting
		
<ul style="list-style-type: none"> ➤ Slowly rotate ankle around in a circle clockwise gradually making circles bigger and bigger. Now change and make the circles anticlockwise. ➤ Do this on each leg <p>Do 3 sets of 10 repetitions</p>	<ul style="list-style-type: none"> ➤ Draw all the letters of the alphabet with your ankle. ➤ Do this on each leg <p>Do the entire alphabet</p>	<ul style="list-style-type: none"> ➤ Sit on a chair, keep heels on the floor and lift toes up as far as you can. Hold for 20 – 30 seconds. ➤ Do this on both legs <p>Do 3 sets of 10 repetitions</p>

<input type="checkbox"/> Heel Raise in Sitting	<input type="checkbox"/> Calf Stretch in Sitting	<input type="checkbox"/> Calf Stretch (Straight Knee)
		
<ul style="list-style-type: none"> ➤ Sit on a chair, lift heels up as far as you can to push foot up onto toes. Hold for 20 -30 seconds. ➤ Do this on both legs <p>Do 3 sets of 10 repetitions</p>	<ul style="list-style-type: none"> ➤ Sit with your knee straight and a towel looped around your foot. Gently pull on towel to lift your foot backwards as far as possible. You should feel a stretch in the calf. Hold for 1 minute. ➤ Do this on each leg <p>Do 10 times holding for 1 minute</p>	<ul style="list-style-type: none"> ➤ Lean with your hands on the wall, place your right foot behind your left. Keep your heels on the floor, your back knee straight and your toes facing forward. Now bend your front knee and lean forward to feel a stretch in your back leg. Hold for 1 minute. ➤ Do this on each leg <p>Do 10 times holding for 1 minute</p>
<input type="checkbox"/> Calf Stretch (Bent Knee)	<input type="checkbox"/> Mini Squats	<input type="checkbox"/> Lowering over edge of step
		
<ul style="list-style-type: none"> ➤ Lean with your hands on the wall, place your right foot behind your left. Keep your heels on the floor and your toes facing forward. Lean forward and allow your back knee to bend until you feel a stretch at the back of your ankle. Hold for 1 minute. ➤ Do this on each leg <p>Do 10 times holding for 1 minute</p>	<ul style="list-style-type: none"> ➤ Stand holding onto the back of a chair. Keep weight evenly distributed on both feet, gently squat down as far as you can. Make sure you keep your knees directly over your second toe as you squat. Hold for 5 seconds <p>Do 3 sets of 10 repetitions</p>	<ul style="list-style-type: none"> ➤ Stand on a low step with just the front part of your foot. Your heels should be hanging over the edge of the step. Let your heels sink down and stretch behind your ankle. Hold for 1 minute <p>Do 10 times holding for 1 minute</p>

<input type="checkbox"/> Heel Raises in Standing	<input type="checkbox"/> Toe Raises in Standing	<input type="checkbox"/> Stepping down from step
		
<ul style="list-style-type: none"> ➤ 1) Whilst standing, keep weight evenly distributed on both feet, lift heels up as far as you can to push foot up onto toes. Hold for 20 seconds. Try walking around on your toes. ➤ 2) To make this exercise harder try raises on one foot at a time <p>Do 3 sets of 10 repetitions</p>	<ul style="list-style-type: none"> ➤ Whilst standing, keep heels on the floor and lift toes up as far as you can. Hold for 20 seconds. Try walking around on your heels <p>Do 3 sets of 10 repetitions</p>	<ul style="list-style-type: none"> ➤ Start by standing on a step, slowly lower right foot to the ground but concentrating on slowly bending the back knee and keeping your heel down as long as possible while you do this. Also keep your hips steady and controlled during the exercise ➤ Do the step downs with both legs <p>Do 3 sets of 10 repetitions</p>
<input type="checkbox"/> Balance on one Leg	<input type="checkbox"/> Toe Curls	<input type="checkbox"/> Assisted Toe Movements
		
<ul style="list-style-type: none"> ➤ Stand on one leg with your eyes open. Time how long you can stand here without overbalancing. Now try with your eyes closed. You can make this exercise harder by standing on different surfaces eg on a pillow, on uneven ground outside, on the sand / gravel. ➤ Do this on each leg 	<ul style="list-style-type: none"> ➤ Curl or crunch your toes as if you were trying to pick something off the floor eg towel, pencil, tissue <p>Do 3 sets of 10 repetitions</p>	<ul style="list-style-type: none"> ➤ Use your hands to curl your toes under as far as you can. Try to do this while your ankle is also pointed down to get an extra stretch. Hold for 1 minute <p>Do 10 times holding for 1 minute</p>

☐ Ankle & Toe Stretch (Sitting)	☐ Ankle & Toe Stretch (Kneel)	☐ Ankle & Toe Stretch (4pt Kneel)
		
<p>➤ Sit with your right leg crossed over your knee. Use your hand to stretch your ankle and toes downward as far as possible. Hold for 1 minute.</p> <p>➤ Do this with other leg</p> <p>Do 10 times holding for 1 minute</p>	<p>➤ Start in kneeling position (on two legs or if more comfortable just on one leg) Gently rock your bottom back onto your heels to give a stretch to your knee, ankles and toes and hold for 1 minute</p> <p>Do 10 times holding for 1 minute</p>	<p>➤ Resting on your hands and knees with toes pointed. Gently rock your bottom back onto your heels to give a stretch to your knees, ankles and toes and hold for 1 minute.</p> <p>Do 10 times holding for 1 minute</p>

Keep score of how often you complete these exercises (Copy this page and use a new sheet every week)

Exercise	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Ankle Upwards (Dorsiflex)							
Ankle Downwards (Plantarflex)							
Ankle In and Out (Lateral)							
Ankle Circles							
Ankle Alphabet							
Toe Raise in Sitting							
Heel Raise in Sitting							
Calf Stretch in Sitting							
Calf Stretch (Straight Knee)							
Calf Stretch (Bent Knee)							
Mini Squats							
Lowering over edge of step							
Heel Raises in Standing							
Toe Raises in Standing							
Stepping Down from Step							
Balance on One Leg							
Toe Curls							
Assisted Toe Movements							
Ankle & Toe Stretch (Sitting)							
Ankle & Toe Stretch (Kneel)							
Ankle & Toe Stretch (4 Pt Kneel)							