

Dr. Vikram Byre ,Orthopaedic Surgeon

+91 79818 76068, +91 91338 81819

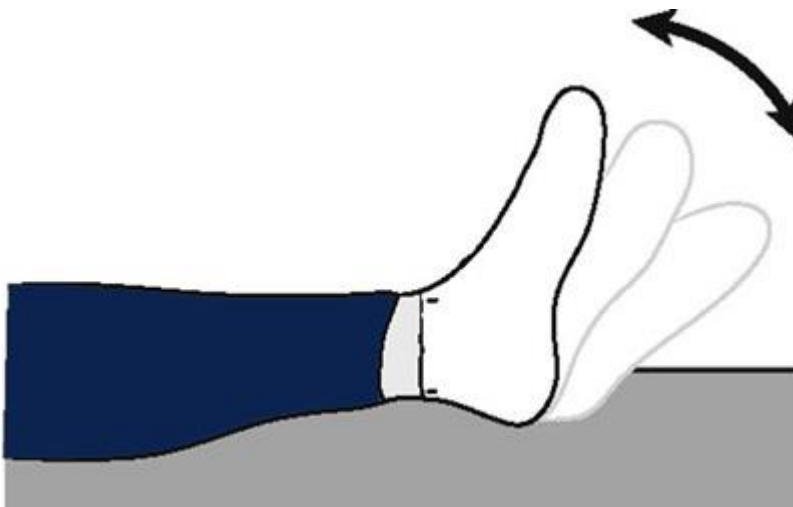
drvikrambyre@gmail.com

FOOT AND ANKLE PHYSIOTHERAPY

ANKLE PUMPS

- Lie on your back.
- Move lower legs all over.
- Repeat multiple times.

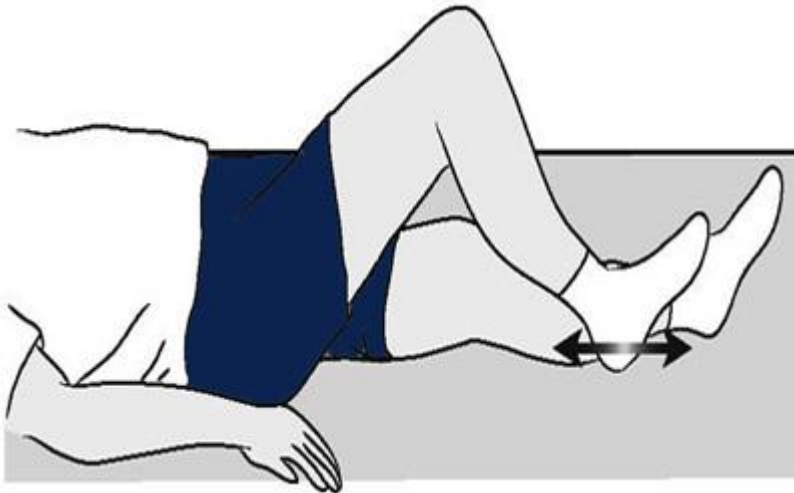
Tip: Do not bend your knee.



HEEL SLIDES

- Lie on your back.
- Gradually twist and rectify knee.
- Repeat multiple times.

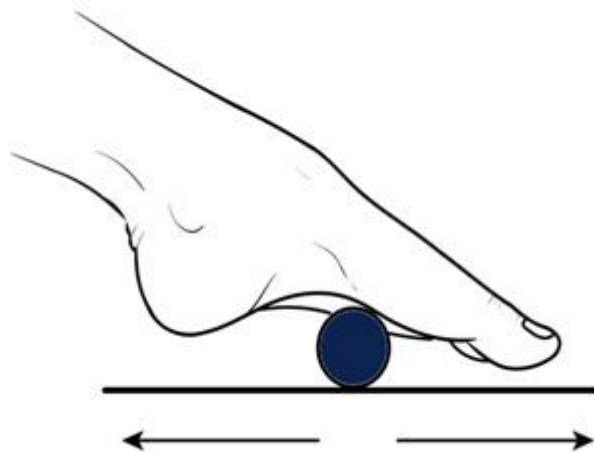
Tip: Do not bend your waist.



GOLF BALL ROLL

- Sit agreeable on a seat with the two feet fixed on the floor.
- For 2 minutes, roll a golf ball under the curve of your influenced foot.

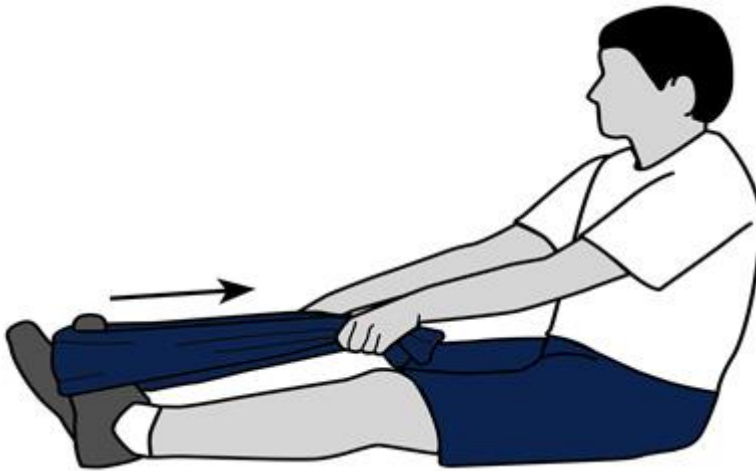
Tip: Sit up tall and keep your foot toward your chair.



TOWEL STRETCH

- Sit on the floor. The two legs ought to be out before you.
- Circle a towel around the wad of your influenced foot and handle the closures of the towel in your grasp.
- Keeping your influenced leg straight, pull the towel toward you.
- Hold in this situation for 30 seconds. At that point unwind for 30 seconds.
- Repeat thrice.

Tip: Sit up tall and keep your legs straight.



CALF RAISES

- In the standing position disperse your weight equitably over the two feet. Clutch the back of a seat or a divider for parity.
- Lift your unaffected foot off the floor, with the goal that all your weight is borne by your influenced foot.
- Raise the impact point of your influenced foot as high as could be expected under the circumstances, before bringing down it.
- Repeat multiple times.

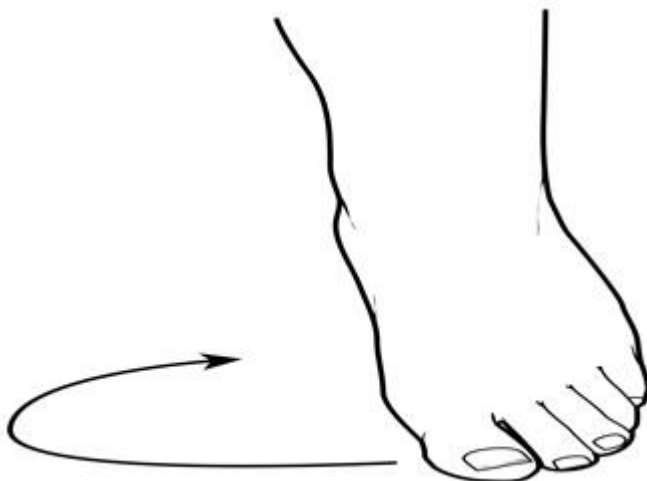
Tip: Do not bend the knee of your working leg.



ANKLE RANGE OF MOTION

- Take a seat, so that your feet does not contact the floor.
- Utilizing your foot, compose every letter set noticeable all around. Lead with your huge toe.

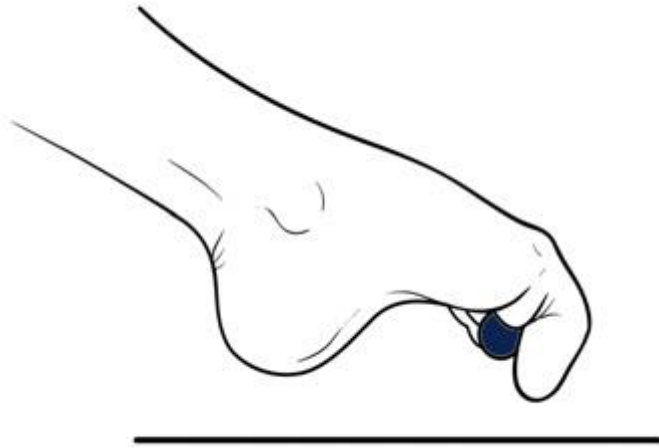
Tip: Keep the movements small, using just your foot and ankle.



MARBLE PICK-UP

- Sit with the two feet level, with 20 marbles put on the floor before you.
- Utilizing your toes, get one marble at any given moment, and spot them into a bowl.
- Repeat this activity till you have grabbed every one of the marbles.

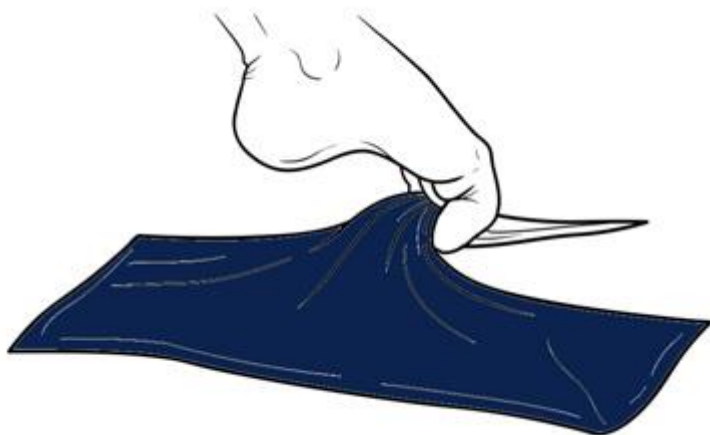
Tip: Do not place the marbles too far out in front or to the side.



TOWEL CURLS

- Sit with the two feet level. Spot a little towel on the floor before you.
- Utilizing your toes, get the focal point of the towel, and twist the towel toward you.
- Loosen up a bit and repeat it.

Tip: You can make this exercise more challenging by placing a weight on the edge of the towel.



ANKLE DORSIFLEXION/PLANTAR FLEXION

- Sit on the floor. Spot your legs straight out before you.
- For dorsiflexion, stay the flexible band on a table leg, at that point fold it over your foot.
- Draw your toes toward you and gradually come back to the begin position. Repeat multiple times.
- For plantar flexion, fold the versatile band over your foot and grasp the closures.
- Gradually come back to the begin position, tenderly pointing your toes. Repeat multiple times.

Tip: Keep your leg straight and heel on the floor for support.

