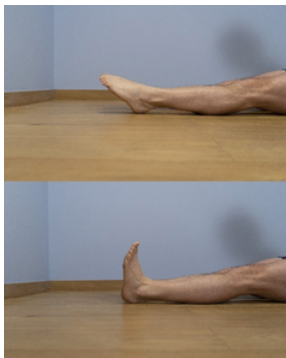


# Ankle Syndesmosis Injury

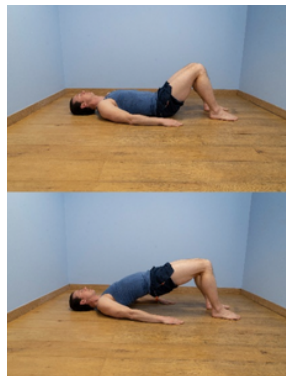
## Early Programme

Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 3/10 whilst completing this exercise programme.



### 1. Ankle active range of motion – Plantarflexion/Dorsiflexion

- Sit or lay with your legs out straight, feet off the floor.
- Point the ankles and toes away from you and then bend them up towards you.
- Stay within a comfortable range of movement.
- A moderate stretch is acceptable.
- **Perform this exercise up to 10 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**



### 2. Bridge in lying

- Lie on your back on the floor or bed with your knees bent at 90 degrees and your feet on the floor and your arms down by your side.
- Lift your hips off the floor. Lift as high as you feel comfortable but no higher than a straight line between hips, knees and shoulders.
- If you feel discomfort, then try squeezing your tummy and bum muscles before starting the lift.
- Hold at the top for 5 seconds.
- Push up as far as you feel comfortable, and pain and stiffness allow.
- **Perform this exercise up to 10 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**



### 3. Isometric Pillow Press

- Sit in a firm, stable chair and place a pillow on the floor under the foot of the targeted leg.
- Push the foot down in to the pillow using the thigh and buttock muscles.
- Hold the squeeze at around 70% of your maximum effort, pain should remain at or below 4/10 on your pain scale.
- **Perform this exercise up to 10 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**

We recommend consulting a musculoskeletal physiotherapist to ensure exercises are best suited to your recovery. If you are carrying out an exercise regime without consulting a healthcare professional, you do so at your own risk. If you have any concerns whilst completing these exercises, please contact a healthcare professional.