

Personal exercise program

Management of pain and swelling



Okotoks Physical Therapy

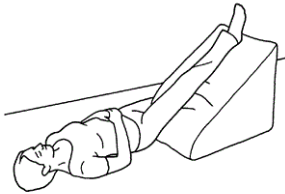
Okotoks Physical Therapy

Box 1419, Bay E, 27 McRae Street, T1S 1B4, Okotoks, AB, Canada

Provided by Neil Hergott

Provided for

Training start date 5/17/2022



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1. Elevation:

Elevate your leg above heart level for 20-30 minutes, 2-3 times/day.

2. Range of Motion:

Perform ankle range of motion exercises, 3-4 times/day.

3. Compression:

Use a tensor bandage or wear a compression sock.

4. Cold Therapy:

Use cold packs, 10-20 minutes, 2-3 times/day.

5. Massage:

Lightly massage from your foot towards your leg.

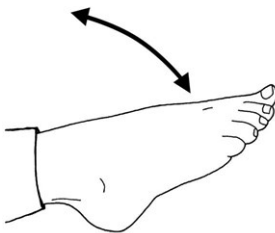
6. Contrast bath:

Place your foot in warm water for 30-60 seconds, then place your foot in cold water for 30-60 seconds. Repeat this sequence for 10 minutes.

Perform daily.

7. Monitor activity levels:

Gradually increase your activity. If pain and swelling are not controlled, you need to reduce the amount of time you are on your feet.



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Ankle Range of Motion

Bend and point your ankle. Move as far as comfortable.

Repeat 10-30 reps.

Perform 3-4 times/day.



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Ankle Range of Motion

Move your ankle around slowly in a large circle. Repeat in the opposite direction.

Alternative: Draw the letters of the alphabet with your foot.

Repeat 10-30 reps.

Perform 3-4 times/day.