



Bloomsbury Osteopathy

Ankle and Foot

Ankle and Ankle Proprioception Exercise With eyes closed, both feet on pillow, with support **BALP03**

Function

To improve the stability at the joints of the leg by increasing neurological feedback between the ankle, knee and hip joints and the control centres of the cerebellum and brain. The aim of the exercise is to create a relatively unstable environment for the above joints in order to challenge and therefore improve stability and balance.

Method

Starting Position:

This exercise is best performed using a specially designed "Wobble Board". Please consult your osteopath if you would like to acquire this equipment.

Stand upright next on to a wall, a table or a stable chair with the affected side closest to this support structure. Place a folded non-feather filled pillow beneath your feet. Be sure to support/stabilise yourself using this support structure.

Action:

Lift the unaffected foot off the floor so that you are standing on the affected side on top of the unstable board/pillow. Stand on the unstable surface for a set amount of time and repetitions, to be specified by your osteopath.

Notes:

Begin using support and with eyes open. As your rehabilitation progresses your osteopath may encourage you to try this exercise firstly with your eyes closed, and then also without using the table/wall for support.

Ps. Ensure there are no sharp or dangerous items around you in case you fall on them and injure yourself.

