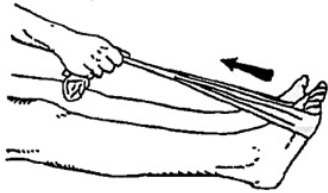


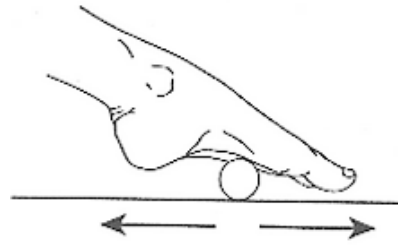
## Dr Sarah Watts - Patient information sheet

Exercises to do at home, with a leg injury, when you are non-weight bearing

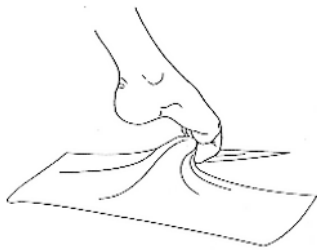
1. Towel stretches



2. Ball Rolls – any direction



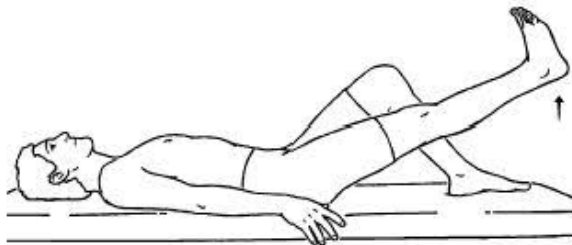
3. Pickup items from floor with your toes- (towel, pencil etc)



4. Write the letters of the alphabet with your ankle



5. Straight leg raises



6. Massage your calf, foot & ankle – Your usual moisturiser cream, Vitamin E cream or sorbolene.