

### 3. Active ankle pump



**Aim** Stretch calf muscles and improve ankle mobility.

- Instructions**
- Sit (or lie) on a firm surface eg. your bed.
  - Keeping your knee straight, press your foot down so that you are pointing your toes away from you.
  - Pull your foot back, pulling your toes back towards your face.
  - The action is like pushing against the car accelerator pedal and releasing again.

**Repetitions** 20 times each leg (3 x per week).

**Tip** A strap or cord looped around the ball of your foot can help you pull your foot back towards you.