

RECOMMENDATIONS FOR THE PATIENT - ANKLE

The feet are a complex action mechanism that allows us to move around easily until they are affected by an injury. That is when we become aware of their importance and when we start taking care of them the way they deserve to be taken care of.

Apart from the physiotherapy sessions it is important to observe the following recommendations:

- 1.- Rest, allow yourself a break.
- 2.- When the pain reduces, perform the excersices we've explained before
- 3.- Rest your foot on a little and hard ball, move your foot thusly applying an auto-massage of the reflexive kind which will help you relax the foot and stimulate circulation.
- 4.- Put your feet in an upright position whenever possible. These positions stimulate the drainage and sooth troubles.
- 5.- The relaxation and propioception techniques will help you during rehabilitation and afterwards.
- 6.- Alternating baths or the alternative application of lukewarm and cool water will stimulate the favourable evolution of the pathology

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