

Exercises While Wearing a Moon Boot

Staying still for long periods can lead to stiffness, swelling, and muscle loss — even while your injury is protected by the boot. These gentle exercises are safe for most people wearing a moon boot, but always check with your treating doctor or physiotherapist before starting, especially if you have specific weight-bearing restrictions.

Here are some simple movements to protect your strength and circulation during recovery.

Foot and ankle (inside the boot)

- Toe wiggles — scrunch your toes down, then spread them wide. Repeat 10 times, several times a day.
- Ankle range-of-motion exercises (pumps, circles) should only be done if specifically advised by your doctor or physiotherapist — these aren't suitable for all injuries and can interfere with healing if your ankle needs to stay still.

Circulation and swelling control

- Elevate your leg above hip height for 15–20 minutes, several times a day.
- Calf pumps — while elevated, gently tense your calf muscle without moving your ankle, hold, then release.

Hip and knee (keep the rest of the leg strong)

- Straight leg raises — lying down, lift your booted leg straight up 15–20cm, hold for 2–3 seconds, then lower slowly. 10 reps.
- Seated knee extensions — sitting with your leg supported, slowly straighten and bend your knee.
- Hip abduction — lying on your side, lift your top leg up and down in a slow, controlled motion. 10 reps.

Whole-body movement

- Short, supervised walks with your crutches or frame, following your weight-bearing instructions.
- Gentle upper body and core exercises that don't load the injured leg — these help maintain overall fitness while you recover.

A few reminders

- Never push through sharp or increasing pain — stop and rest if something doesn't feel right.
- These exercises are a guide only, and may need to be adjusted depending on your injury and stage of healing.
- If you're unsure what's appropriate for you, ask us at your next review.