

Ankle Joint Wellness

The ankle joint is commonly affected by hemophilic bleeding. Exercise and movement of the joint is important for range of motion and strength. Our HTC Physical Therapist Kay Craig is happy to discuss ankle joint health with you at any time and provide exercise recommendations tailored to your needs.



Check out this GREAT video from NHF “Meet the Joint: Ankle”. You will gain an understanding of the anatomy and function of the ankle, the impact of an ankle joint bleed and learn exercises that can be done to help in recovery of a joint bleed.

[Meet the Joint: Ankle | National Hemophilia Foundation](#)

If you would like more information or want to speak with your HTC Team about Wednesday Wellness, please contact Diane or Alicia at (208) 381-2782.