

**Notes :**

Please aim to complete these exercises as advised below.

It is important to be aware that when completing rehabilitation exercises, you may experience discomfort and mild pain, either during or after completion. This is not uncommon and will ease, however it is important you understand the pain your experiencing.

Try ranking your pain on a scale of 0-10, where 0 represents no pain and 10 represents the worst pain imaginable. Symptoms up to 4 or 5 on that scale should aim to be worked through. If you class the experienced symptoms at 6/10 or higher, try easing out of the exercise(s).

Try complete all exercises each session, however if 1 exercise if frequently causing unbearable symptom increase, stop that one but try completing the remaining exercises.

If your symptoms worsens or become constant, consider seeking professional advice.

If you are completing your exercises and they start to become too easy, consider adapting the plan by doing one of the following:

- Increasing the exercise's repetitions
- Increase the sets of the exercise
- Applying weight or light resistance
- Holding the exercise for slightly longer

The reverse of each of the points above can be applied if the exercises are too difficult.

**1 Single leg heel raise**



Stand on one foot on the floor next to a chair or table for balance. Raise the heel to go onto your toes without bending your knee. Lower to the starting position and repeat.

Reps: 15 Freq: 3 times a day Hold: 3s each at top

**2 Single-leg heel raise (knee bent)**



Stand on one foot in front of a chair for balance. Bend your knee and raise onto your toes as high as you can, keeping the knee bent. Lower under control and repeat.

Reps: 15 Freq: 3 times a day Hold: 3s each art top

**3 Proprioception unilateral**



Stand on a mattress with your feet comfortably apart. Lift one foot and balance yourself on the other leg. Get back on two feet and repeat.

Reps: 3 Freq: 3 times a day Hold: up to 30s

**4 Double leg sit-backs**



Begin by standing upright on both legs in front of a chair or stool. Push your hips backward-as if you're going to sit down and bend your knees into a squat position-to lightly touch the chair with your bottom. Slowly return to the starting position. Keep your knees aligned with your second toes.

Reps: 15 Freq: 3 times a day