

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 Plantar flexion on two legs



Stand on both feet with your hands on a chair or table for balance.
Raise on your tiptoes without bending the knees.
Lower under control to come back to the starting position and repeat.

Reps: 15 Freq: 3 times a day Hold: 10s each at top

2 Weighted seated heel raise



Sit on chair with your knees together and place a weight on both knees.
Keeping your back straight and upright, raise your heels off of the floor.
Return to the initial position and repeat.

Reps: 15 Freq: 3 times a day Hold: 10s at the top

3 Sit to stand



Sit on a chair that has been placed against a wall to prevent it from moving.
Fold your arms across your chest.
With your feet slightly apart, lean forward, so your shoulders are over your feet and stand up fully.
Slowly return to sitting.

Reps: 15 Freq: 3 times a day

4 Single leg stance



Stand and lift one leg.
Hold that position for the recommended time.

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