

Notes :

Dear Patient,

You may experience some pain initially with your exercises. either during or afterwards. This is not unusual and should not last for a long time. If your pain continues to worsen or becomes more continuous and you feel this is related to the exercises, then please stop and speak to your physiotherapist. If it seems to be one exercise in particular, stop that one and speak to your physiotherapist if required.

There are several ways to to progress your exercises independently if you wish, these include; increasing the number of repetitions, increasing the number of sets, increasing how long you hold it for, or increasing the resistance/weight used. The same can be applied to make the exercises easier, by reducing those numbers.

1 Calves strengthening



Reps: 15 Freq: 3x a day Hold: 5 seconds

Stand with both legs on a stair or small step next to a chair or table to hold on to.

Come onto the balls of the feet without bending the knee.

Slowly drop back down by lowering the heel as far down as possible and repeat.

Make sure to work through all the range of motion.

Keep the feet neutral.

2 Bent knee calf raise



Reps: 15 Freq: 3x a day Hold: 5 seconds

Find a fixed object to hold onto with both hands (door frame, desk, chair or other) at about waist height.

Slowly lower down into a squat position, while keeping a good posture and feet at about shoulder width apart.

Rise up onto your toes while keeping a foot in neutral position (resisting eversion; foot rolling inward), until full contraction in the calves.

Slowly lower back down, until your heels touch the ground.

Make sure the entire body rises and lowers with the ankle movements: this should be a single joint exercise.

3 Single-leg stance, on towel



Reps: 3 Freq: 3x a day Hold: 30 seconds

Place a rolled up towel on the floor. Place your foot on the towel, along its length. Stand with one leg on the towel. Hold the position, keeping good posture.



4 Squat on chair



Reps: 15 Freq: 3x a day

Stand in front of a table with a chair behind you. Hold the table as needed while you slowly sit back into the chair, keeping your back straight, and bending at the hips only (no round back).



Then, stand back up, bending at the hips, pushing through your heels, activating the glutes and the abdominals. Repeat.