

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 them and speak to a 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 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: 8-12 Freq: 2-3 times a day

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 Single leg arabesque hold



Reps: 5-10 Freq: 2-3 times a day

Standing on one leg, flex one leg toward the chest, then extend it behind while you bend forward at the waist.

3 Forward lunge



Reps: 8-12 Freq: 2-3 times a day Duration: both sides

Stand with both feet hip width apart.

Lunge forward, making sure you land with the heel and your knee stays over the foot, with your knee cap in line with the 2nd toe. Move straight down, creating a 90 degree angle at both knees and at the hip.

Push through the heel and return to the standing position.

Repeat with the other leg if indicated.

4 Stabilization step up



Reps: 8-12 Freq: 2-3 times a day

Stand up straight with a stool in front of you.

Place one foot on the stool facing straight forward.

Align your knee cap with your second toe and rise up slowly onto the stool while maintaining this alignment.

Return to your starting position by lowering your other foot slowly back down to the ground and repeat.

Prevent your knee from turning inward.