

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, the please stop them and speak to your Physiotherapist. If it seems to be one exercise in particular, stop that one and speak you a 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 Stretching calf sitting



Reps: 2 Freq: 2-3 times a day Hold: 20 secs

Sit down with one leg outstretched and the other bent.

Place a strap around the ball of your outstretched foot and hold the ends of the strap in your hands.

Pull up against the strap until you feel a stretch at the back of your leg.

Maintain the position.

Repeat the above with your other leg.

2 Sit to stand



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

Sit on a chair that have been placed against a wall to prevent slipping.

Interlace your fingers and reach forward with your arms.

With your feet slightly apart and your hips at the edge of the seat, lift your hips up from the seat to stand.

Slowly return to sitting.

3 Plantar flexion on two legs



Reps: 10-15 Freq: 2-3 times a day

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.

4 **Single leg stance
(supported)**



Reps: 5 Freq: 2-3 times a day Hold: 20 secs

Stand with your feet comfortably apart.

Lift one foot and balance yourself on the other leg. Hold onto a solid object to help maintain your balance.