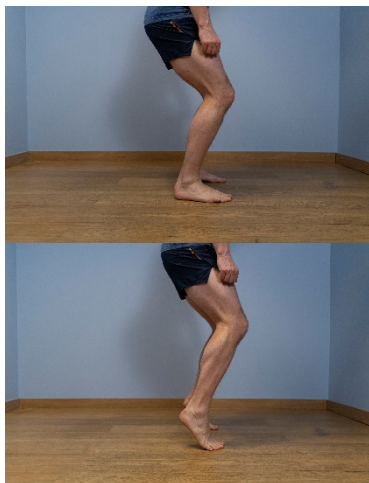


Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 4/10 whilst completing this exercise programme.



30 reps / 3 sets / 3 minute rest

1. Tiptoe walking

- Perform this exercise in a safe space, on a non-slip floor and wearing suitable footwear – have a wall/stable object nearby to assist with balance where possible.
- Go up on to your tip toes as if trying to make yourself taller so that your heels are off the floor.
- Whilst aiming to stay on just the balls of your feet, begin walking forwards.
- Perform until fatigue/the heels begin to touch down when walking.



30 reps / 3 sets / 3 minute rest



2. Double leg heel raise with toes extended

- Perform this exercise on a flat, non-slip surface ensuring you can something nearby to hold on to for balance/support.
- Stand upright with your feet hip-width apart.
- Squeeze your calf muscles by pushing down through the balls of your feet as if trying to make yourself as tall as possible.
- Hold at the top for a count of 3 seconds before slowly lowering the heels back down.



Up to 1 minute / 2-3 sets / 1 minute rest



3. Balance and reach

- Start by standing with all the weight on one leg.
- Rest the other foot next to the standing foot for balance
- Now with the non-standing leg reach out sideways (hovering just above the floor) as far as possible whilst at the same time bending the standing leg.
- Then return to the start position maintaining your balance.
- Repeat in a forwards and backwards direction and continue to do this in a cycle of the three movements only touching down if you start to lose your balance.

We recommend consulting a musculoskeletal physiotherapist to ensure exercises are best suited to your recovery. If you are carrying out an exercise regime without consulting a healthcare professional, you do so at your own risk. If you have any concerns whilst completing these exercises, please contact a healthcare professional.