

Adult Acquired Flatfoot Advanced Programme

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.



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.
- **Perform this exercise up to 30 times, rest for 3 minutes.**
- **Repeat routine 3 times.**



2. Double leg heel raise with toes extended

- Perform this exercise on a flat, non-slip surface ensuring you have 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.
- **Perform this exercise up to 30 times, rest for 1 minute.**
- **Repeat routine 3 times.**



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.
- **Hold the position for up to 1 minute, rest for 1 minute.**
- **Repeat routine 2-3 times.**