

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 6/10 whilst completing this exercise programme.

30 reps / 3 sets / 3 minute rest



### 1. Single-leg heel raise from floor- straight legs

- Stand on a flat surface, knees straight and feet hip-width apart – have a wall/stable object nearby to assist with balance.
- Lift the non-injured foot off the floor so that you are standing on just the affected leg.
- Push down through the toes and front of the foot as if going up on your tip toes – the heel will begin to rise.
- Lift the heel as high as possible and then with control, slowly lower the heels all the way down over the course of a 5 second count.



30 reps / 3 sets / 3 minute rest

### 2. Weighted squat

- Stand upright with your feet hip-width apart and a weight placed evenly across your shoulders (back squat) or holding it securely against your chest (goblet squat).
- Engage the abdominal region and in a controlled manner, sit back as if you are sitting into a chair.
- At the same time, your head and chest will come forwards to maintain your balance, aim to keep your back straight.
- Go down as far as you feel comfortable or until your thighs are parallel with the floor.
- Come back up to standing and repeat.



30 reps / 3 sets / 3 minute rest

### 3. Eccentric single leg heel raise from floor- knees bent

- Stand on a flat surface, knees slightly bent throughout and feet hip-width apart – have a wall/stable object nearby to assist with balance.
- Lift the non-injured foot off the floor so that you are standing on just the affected leg.
- Push down through the toes and front of the foot as if going up on your tip toes – the heel will begin to rise.
- Lift the heel as high as possible and then with control, slowly lower the heels all the way down over the course of a 5 second count.

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.