

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.

10 reps / 2-3 sets / 1 minute rest



1. Knee to wall

- In standing, face a wall where you can access the wall with your legs.
- Place the affected toes of the affected leg against the wall.
- Keep the whole foot flat on the floor and push your knee towards the wall by bending at the ankle.
- Push your knee forwards until you feel resistance at the front of the ankle joint which you should feel just before your heel starts to come up off the floor.
- Making sure your knee stays in line with your ankle.
- If you can reach your knee to the wall easily, start with the toes slightly off the wall.



15 reps / 2-3 sets / 1 minute rest



2. Seated towel scrunches

- Sit upright in a chair and place a towel out flat on the floor in front of you.
- Place the front of your foot on the towel.
- Curl and release your toes so as to pull the towel towards you.
- Keep the foot flat on the floor throughout.
- To progress, place a small weight on the towel.



15 reps / 2- 3 sets / 1 minute rest



3. Supported double-leg heel raise from floor

- Stand on a flat surface facing a stable surface such as the kitchen worktop or a table.
- With the feet hip-width apart and the knees straight, lean forward and rest your forearms on the worktop.
- With most of your weight through your arms, push down through the front of the feet as if going up on your tip toes – the heels will begin to rise.
- Lift the heels as high as possible and then with control, slowly lower the heels down over the course of a 5 second count.
- To progress, have only your hands on the worktop for support and take less weight through the arms

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.