

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.

15 reps / 2-3 sets / 1 minute rest



### 1. 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.



30-45 seconds / 2-3 sets / 1 minute rest

### 2. Isometric plantarflexion

- This exercise involves activating muscles around the ankle without moving the joint.
- Sit or lay with the legs out straight, feet off the floor and the ankles in neutral.
- As you look at your feet, place the non-affected foot behind the other so that the bottom of the affected foot is touching the top surface of the non-injured foot.
- Push away through the front part of the injured foot as if trying to point your ankle away from you.
- You should feel pressure through the top of the non-affected foot, resist against this to prevent the injured ankle from moving.
- Push with the injured foot at a pressure that you can comfortably hold.



30-45 seconds / 2- 3 sets / 1 minute rest

### 3. Isometric dorsiflexion

- This exercise involves activating muscles around the ankle without moving the joint.
- Sit or lay with the legs out straight, feet off the floor and the ankles in neutral.
- As you look at your feet, place the non-affected foot in front of the other so that the top surface of the affected foot is touching the sole of the non-injured foot.
- Gently and gradually pull the ankle and toes of the injured foot up towards you as if trying to bend the ankle.
- You should feel pressure through the sole of the non-affected foot, resist against this to prevent the injured ankle from moving.
- Pull with the injured foot at a pressure that you can comfortably hold.

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.