

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 5/10 whilst completing this exercise programme.

10 reps / 2-3 sets / 1 minute rest



### 1. Knee to wall

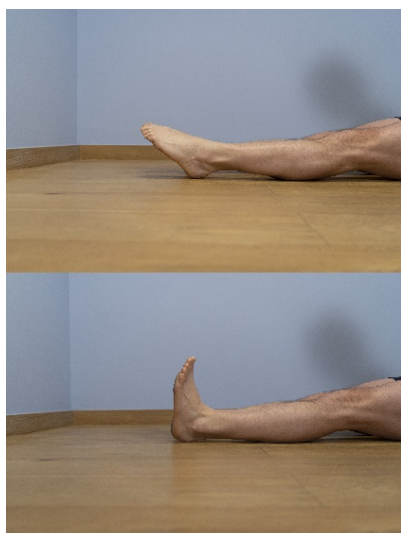
- In standing, face a wall where you can access the skirting board with your legs.
- Place the affected toes of the affected leg against the skirting board.
- Keep the whole foot flat on the floor and push your knee towards the wall by bending at the ankle.
- Push your knee forwards until you feel resistance at the front of the ankle joint which you should feel just before your heel starts to come up off the floor.
- 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 double-leg heel raise

- Sit with your feet flat on the floor, knees bent.
- Rise up on your tip toes.
- Squeeze at the top of the movement for 3 seconds and then lower slowly.



10 reps / 3 sets / 1 minute rest

### 3. Ankle active range of motion- plantarflexion /dorsiflexion

- Sit or lay with your legs out straight, feet off the floor.
- Point the ankles and toes away from you and then bend them up towards you.
- Stay within a comfortable range of movement.
- A moderate stretch is acceptable.

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.