

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.



15 reps / 2-3 sets / 1 minute rest

1. Standing double-leg heel raise with inversion

- Stand upright on a flat surface with a wall/stable object nearby for balance.
- Rise up on your tip toes so that your heels come up off the floor.
- At the top of the movement try and turn the feet outwards to lift the arches as if trying to show the soles of your feet to one another.
- Hold this position for 3 seconds and then slowly reverse the movement, lowering the heels with control.



15 reps / 2-3 sets / 1 minute rest



2. Single leg balance-knee straight

- Perform this exercise barefoot or in socks, in a clear space near a wall/stable object and on a flat, non-slip surface.
- Shift your weight on to the affected leg then lift the supporting leg slightly off the floor – keep the knee straight.
- Look down at the knee and focus on balancing whilst keeping the knee in line with the hip and ankle – use the object/wall to prevent yourself falling.
- To progress, try looking straight ahead rather than down at the knee. To advance further, this can be performed with the eyes closed.



15 reps / 3 sets / 1 minute rest



3. Bodyweight squats

- Stand with your feet hip width apart and your arms across your chest.
- Sit back as if you are sitting into a chair.
- At the same time your head should move forwards to keep your balance.
- As you do this 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.

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.