

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.



1. 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.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**



2. Seated double leg heel raise with inversion

- Sit with your feet flat on the floor, knees bent.
- 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 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.
- **Perform this exercise up to 10 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**



3. Single leg balance looking down

- 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 – maintain a slight bend in the standing knee.
- 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.
- **Hold the position for up to 1 minute, rest for 1 minute.**
- **Repeat routine 2-3 times.**