



#### ANKLE DORSIFLEXION TILT BOARD STRETCH

Stand on an adjustable incline board with your affected foot, placing it into dorsiflexion (heel lower than toes). Adjust the board as necessary to increase stretch. Hold stretch for 30 seconds.

SETS & REPS: 30sec hold

FREQUENCY: 3 x day

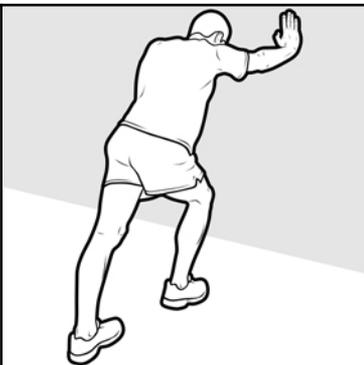


#### DORSIFLEXION MOBILISATION

Crouch down, kneeling on one leg with your front foot beside your opposite knee and your chest resting on your thigh. Slowly lean forward, keeping your heel down, until you feel a stretch. Hold for 30 seconds.

SETS & REPS: 30sec hold

FREQUENCY: 3-4 x day



#### GASTROCNEMIUS STRETCH

Pressing against a wall with your front leg bent and back leg straight, lean your body forward until you feel a stretch in the calf of your back leg. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 3-4 x day



#### GASTROCNEMIUS STRETCH ON STEP

With the ball of your foot on the edge of a step and your knee straight, slowly drop your heel down until you feel a stretch in your calf. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 3-4 x day

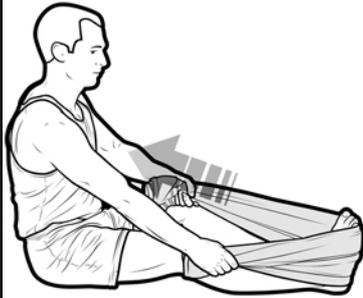


#### GASTROCNEMIUS STRETCH WITH TOWEL

Sit with your legs out straight, grasp a towel in both hands and loop the middle over the foot of the leg to be stretched. Gently pull the ends of the towel back towards you until you feel a stretch in your calf. Hold.

SETS & REPS: 30sec Hold

FREQUENCY: 2-3 x day



#### INVERSION STRETCH WITH TOWEL

Sit on the floor with your leg out straight in front of you. Loop a towel around your foot and hold the ends in both hands. Pull on the inside towel to turn your foot inwards as far as you can. Hold for 30 seconds then relax.

SETS & REPS: 1 rep

FREQUENCY: 3 x day



#### PERONEAL STRETCH

While sitting with your leg over the side of the chair, bend your leg under the chair with your foot pointed and turned in. Slowly put pressure through your leg by extending your knee until you feel a stretch. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 3-4 x day



#### PLANTAR FASCIA STRETCH

Place your toes in a flexed position up against a step. Slowly bend your knee until you feel a stretch. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 3-4 x day



#### SOLEUS STRETCH

Pressing against a wall with one foot in front of the other and your knees bent, drop your hips down towards the ground, bending your back knee further, until you feel a stretch. Keep the heel of your back leg down and feet pointing forwards. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 3-4 x day



#### SOLEUS STRETCH WITH TOWEL

Sit with your legs out straight, grasp a towel in both hands and loop the middle over the foot of the leg to be stretched. Bend your knee up and then pull the ends of the towel back towards you until you feel a stretch in your calf. Hold.

SETS & REPS: 30sec Hold

FREQUENCY: 2-3 x day



#### TIBIALIS ANTERIOR STRETCH

Kneeling (sitting on your heels) with your feet pointing backwards, grasp your knee and pull it up until you feel a stretch in the front of your ankle / shin. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 3-4 x day



#### HAMSTRING STRETCH

Lie on your back with both knees straight and feet on a wall. Position your bottom as close to the wall as possible while still managing to keep your knees straight and lower back in a neutral position. Hold your legs straight in this position for at least 5 minutes.

SETS & REPS: 5-20mins

FREQUENCY: Nightly



#### HAMSTRING STRETCH

Place your heel on a knee-height table/chair with your knee straight and tilt your pelvis forwards. While keeping your back straight, lean forwards until you feel a stretch in your hamstrings. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 2-3 x day

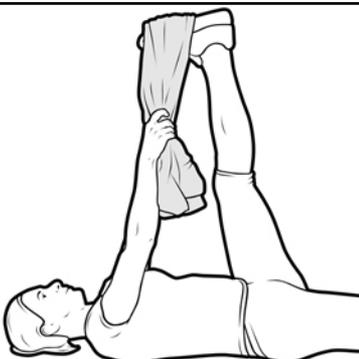


#### HAMSTRING STRETCH

Place your heel on a knee-height table/chair with your knee slightly bent and tilt your pelvis forwards. While keeping your back straight, lean forwards until you feel a stretch in your hamstring.

SETS & REPS: 30sec hold

FREQUENCY: 2-3 x day

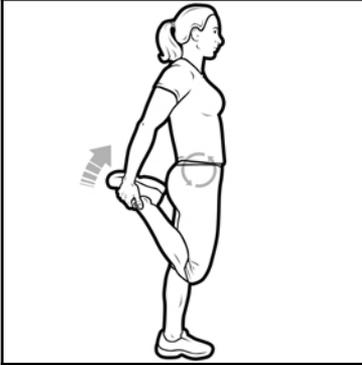


#### HAMSTRING STRETCH WITH TOWEL

Lying on your back with your legs straight, loop a towel or resistance band over your foot and raise your leg as far as you can. Keeping your knee straight, pull the towel/band to increase the stretch. Hold. (Contract your quadriceps to help your hamstrings relax further).

SETS & REPS: 30sec hold

FREQUENCY: 2-3 x day

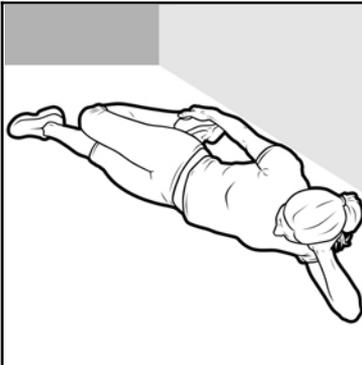


#### QUADRICEPS STRETCH

Standing, bend your knee, grasp your ankle and pull towards your buttock until you feel a stretch in your quadriceps. Ensure your pelvis is tilted backwards. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 2-3 x day

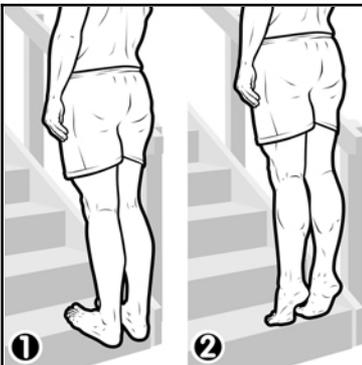


#### SIDE-LYING QUADRICEPS STRETCH

Lying on your side, bend your knee, grasp your ankle and pull towards your buttock until you feel a stretch in your quadriceps. Ensure your pelvis is tilted backwards. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 2-3 x day

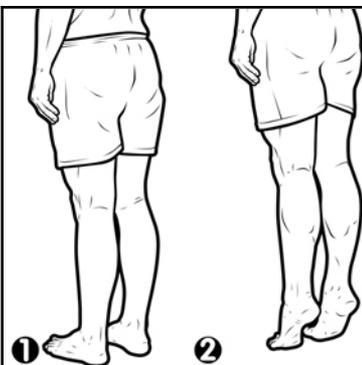


#### DOUBLE-LEG CALF RAISE

With the balls of your feet on the edge of a step and heels dropped down (1), slowly rise up onto your toes as far as you can (2). Slowly lower and repeat.

SETS & REPS: 3 x 10-12

FREQUENCY: Daily

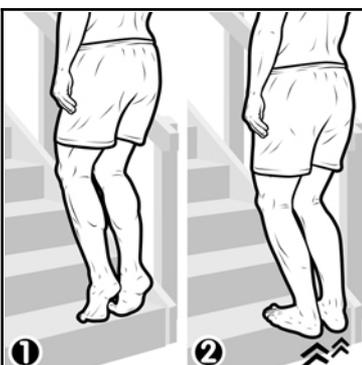


#### DOUBLE-LEG CALF RAISE

Standing, slowly rise up onto your toes as far as you can (2). Slowly lower and repeat.

SETS & REPS: 3 x 10-12

FREQUENCY: Daily



#### DOUBLE-LEG SOLEUS DROP-CATCH

Standing with the balls of your feet on the edge of a step and your knees bent, push up onto your toes (1). Relax your calves, allowing your body to drop down suddenly. As your heels drop below the level of the step quickly 'catch' your weight by pushing through your toes (2). Repeat.

SETS & REPS: 3 x 15-20

FREQUENCY: 1-2 x day

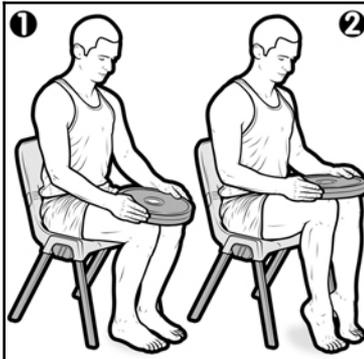


#### ECCENTRIC TIB POST STRENGTHENING

With your body on a 45° angle to the step and the ball of your foot on the edge, raise your heel upwards and inwards to lift your arch (1) using the handrail for balance. Slowly drop your heel down beyond the level of the step, pronating your foot as you lower (2). Repeat.

SETS & REPS: 3 x 15

FREQUENCY: 2 x day

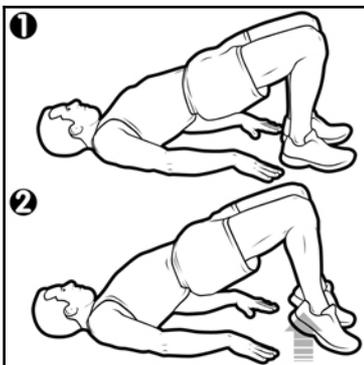


#### SEATED SOLEUS RAISE

Sitting on a chair with a weight on your knees, raise your heels and push up on to your toes (1). Slowly lower your heels down to the floor (2). Return to the start position and repeat.

SETS & REPS: 1-3 x 15

FREQUENCY: Daily

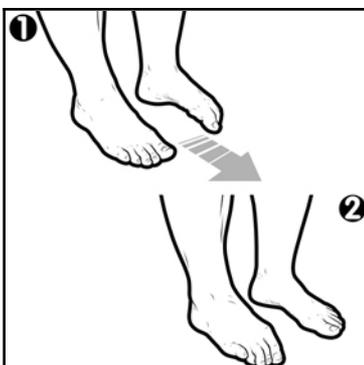


#### SOLEUS RAISE IN BRIDGE POSITION

Lying on your back with your knees bent, raise your hips up into the bridge position (1). Push through your toes, lifting your heels off the floor as far as you can (2). Slowly lower your heels back to the floor and repeat.

SETS & REPS: 3 x 10-12

FREQUENCY: Daily



#### WALKING FOOT SCRUNCHES

Standing on carpet with bare feet, curl the toes of one foot as far as possible to pull yourself forwards a little (1). Relax and repeat with the opposite foot (2). Alternate your feet so as to 'walk' yourself forwards along the carpet.

SETS & REPS: 3 x 15

FREQUENCY: Daily



#### WALKING ON HEELS

Walking forward with your toes pulled back. Make contact only with your heels.

SETS & REPS: 3 x 1min

FREQUENCY: 2 x day