

## 1. Non-weight-bearing calf stretch 1



Sit with the leg to be stretched straight out in front of you. Loop a towel around your toes and the ball of your foot. Keeping your knee straight, use the towel to pull your foot towards your body. You should feel a stretch on the back of your calf.

Hold for \_\_\_\_\_ seconds, \_\_\_\_\_ repetitions, \_\_\_\_\_ set(s), \_\_\_\_\_ time(s per day, \_\_\_\_\_ days per week.

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## 2. Non-weight-bearing calf stretch 2



Sit with the leg to be stretched straight out in front of you. Loop a towel around your toes and the ball of your foot. Bend your knee. Then use the towel to pull your foot towards your shin. You should feel a stretch in the lower part of the back of your calf and the back of your heel.

Hold for \_\_\_\_\_ seconds, \_\_\_\_\_ repetitions, \_\_\_\_\_ set(s), \_\_\_\_\_ time(s) per day, \_\_\_\_\_ days per week.

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### 3. Weight-bearing calf stretch 1



Stand in front of a wall and place both hands on the wall at shoulder height. Start by standing with both feet together (approximately 30 cm / 12 inches from the wall), then move the leg to be stretched backwards. Keep both feet pointing forwards. By bending the front knee and keeping the back heel on the floor and the back knee straight, you should feel a stretch on the back of your calf on the back leg.

Hold for \_\_\_\_\_ seconds, \_\_\_\_\_ repetitions, \_\_\_\_\_ set(s), \_\_\_\_\_ time(s) per day,  
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#### 4. Weight-bearing calf stretch 2



Stand in front of a wall and place both hands on the wall at shoulder height. Start by standing with both feet together (approximately 30 cm / 12 inches from the wall), then move the leg to be stretched backwards. Keep both feet pointing forwards. By bending the front knee and the back knee, whilst keeping the back heel on the floor, you should feel a stretch on the back of the lower part of your calf and the back of your heel on the back leg.

Hold for \_\_\_\_\_ seconds, \_\_\_\_\_ repetitions, \_\_\_\_\_ set(s), \_\_\_\_\_ time(s) per day, \_\_\_\_\_ days per week.

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## 5. Step stretch



Stand on a step and position your feet so that both heels are off the edge of the step. Make sure your hand(s) can support your position, for example on a wall in front or wall/hand-rail to the side. Whilst keeping your knees straight, gently and slowly lower your heels (do not bounce). You should feel a stretch on the back of your calf and heel.

Hold for \_\_\_\_\_ seconds, \_\_\_\_\_ repetitions, \_\_\_\_\_ set(s), \_\_\_\_\_ time(s) per day, \_\_\_\_\_ days per week.

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## 6. Sitting plantar fascia stretch



Sitting comfortably on a chair, cross the foot you want to stretch over your opposite knee. Using your hand, gently pull the base of all your toes back towards your shin. You should feel a stretch underneath the arch of your foot.

Hold for \_\_\_\_\_ seconds, \_\_\_\_\_ repetitions, \_\_\_\_\_ set(s), \_\_\_\_\_ time(s) per day,  
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## 7. Standing plantar fascia stretch



Stand in front of a wall with both hands on the wall for support. Using the foot you want to stretch, place your toes on the wall so they are bend back towards your shin as far as you can. Keep your heel on the ground. By staying in this position and moving your leg and knee towards the wall, you should feel a stretch underneath the arch of your foot. If your heel is sensitive, you may wish to put a towel under your heel first.

Hold for \_\_\_\_\_ seconds, \_\_\_\_\_ repetitions, \_\_\_\_\_ set(s), \_\_\_\_\_ time(s) per day, \_\_\_\_\_ days per week.

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## 8. Foot rolling stretch



Sit comfortably on a chair. Rest the arch of the foot you want to stretch on a small ball. Roll the arch of your foot over the ball in different directions. You may wish to use other similar objects such as a rolling pin or tin of beans.

\_\_\_\_\_ minute(s), \_\_\_\_\_ set(s), \_\_\_\_\_ time(s) per day, \_\_\_\_\_ days per week.

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## 9. Towel exercise



Sit on a chair with the foot you want to exercise flat on an out stretched towel. By curling your toes towards your heel try to scrunch up the towel to work your foot muscles.

\_\_\_\_\_ repetitions, \_\_\_\_\_ set(s), \_\_\_\_\_ time(s) per day, \_\_\_\_\_ days per week.

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## 10. Pencil exercise



Sit on a chair and place a pencil on the floor in front of you. Using the foot you want to exercise try and pick up the pencil off the floor using your toes.

\_\_\_\_\_ repetitions, \_\_\_\_\_ set(s), \_\_\_\_\_ time(s) per day, \_\_\_\_\_ days per week.

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## 11. Plantar fascia loading exercise



Stand on the edge of a step with a rolled up towel under your toes. Hold a support as needed. Using the leg you want to exercise, slowly raise your heel over 3 seconds, hold for 2 seconds at the top, and then lower your heel back down over 3 seconds.

\_\_\_\_\_ repetitions, \_\_\_\_\_ set(s), \_\_\_\_\_ time(s) per day, \_\_\_\_\_ days per week.

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## 12. Self-massage



Sitting comfortably on a chair cross the foot you want to massage over your opposite knee. Using your fingers gently rub the painful part of your heel/foot if this helps with your symptoms.

\_\_\_\_\_ minute(s), \_\_\_\_\_ set(s), \_\_\_\_\_ time(s) per day, \_\_\_\_\_ days per week.

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### 13. Foot doming



Stand with the foot you want to exercise in a relaxed position. Using the muscles underneath your foot, raise your arch. Try not to curl the toes too much. You should feel as if you are working the muscles underneath the arch of your foot as you perform this movement. With practice, it should get easier to feel and perform this movement.

Hold for \_\_\_\_\_ seconds, \_\_\_\_\_ repetitions, \_\_\_\_\_ set(s), \_\_\_\_\_ time(s) per day, \_\_\_\_\_ days per week.

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## 14. Turning ankle in against band



Securely attach the band to a stationary object (for example, around a sturdy table leg). Sit with your leg straight and loop the band around your forefoot. Pull your foot inward against the band as if trying to turn the sole of your foot slightly upwards. Slowly return to the start position.

\_\_\_\_\_ repetitions, \_\_\_\_\_ set(s), \_\_\_\_\_ time(s) per day, \_\_\_\_\_ days per week.

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## 15. Resisted big toe bend against band



Sit on a chair and loop the band around your big toe. Hold the two ends of the band fixed with your hands. Push your big toe down towards the floor against the resistance of the band. Slowly return to the start position.

\_\_\_\_\_ repetitions, \_\_\_\_\_ set(s), \_\_\_\_\_ time(s) per day, \_\_\_\_\_ days per week.

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## 16. Non-weight-bearing hip strength



Lie on your side on a bed with the leg you want to exercise on top. Bend your knees to about 45 degrees and keep your legs together. Keeping your feet together, lift your top knee up and away from your bottom knee. Try and keep your body straight and still during the movement.

\_\_\_\_\_ repetitions, \_\_\_\_\_ set(s), \_\_\_\_\_ time(s) per day, \_\_\_\_\_ days per week.

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## 17. Weight-bearing hip strength



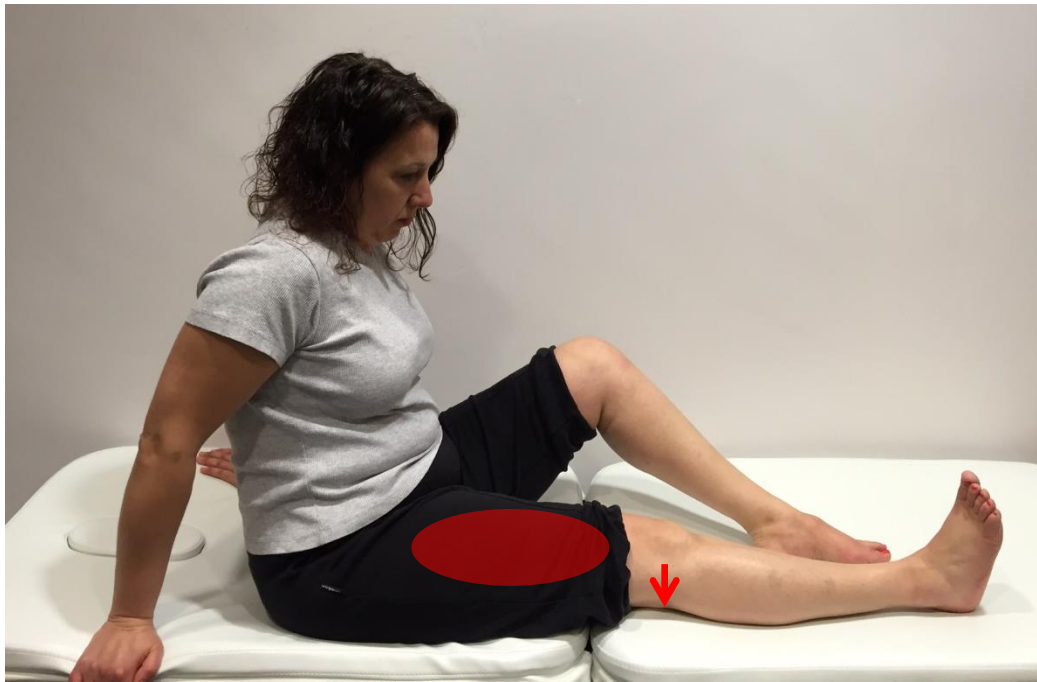
Stand with one hand holding onto a chair or other firm supportive surface. Lift your leg to be exercised up and out to the side keeping your body and leg straight.

Hold for \_\_\_\_\_ seconds, \_\_\_\_\_ repetitions, \_\_\_\_\_ set(s), \_\_\_\_\_ time(s) per day, \_\_\_\_\_ days per week.

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## 18. Non-weight-bearing quadriceps strength 1



On a bed, position yourself with the leg you want to exercise straight. The other leg can be bent at the knee for comfort. Using your thigh muscles try to push the back of your knee into the bed whilst bending you ankle back and keeping the leg straight. You may find it more comfortable to do this exercise lying flat.

Hold for \_\_\_\_\_ seconds, \_\_\_\_\_ repetitions, \_\_\_\_\_ set(s), \_\_\_\_\_ time(s) per day, \_\_\_\_\_ days per week.

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## 19. Non-weight-bearing quadriceps strength 2



On a bed, roll up a small towel and place it underneath the leg you want to exercise. The other leg can be bent at the knee for comfort. Pull your ankle back, then using your thigh muscles lift your heel off the bed until your leg is straight whilst keeping the back of your knee in contact with the towel. You may find it more comfortable to do this exercise in lying or sitting.

Hold for \_\_\_\_\_ seconds, \_\_\_\_\_ repetitions, \_\_\_\_\_ set(s), \_\_\_\_\_ time(s) per day, \_\_\_\_\_ days per week.

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## 20. Non-weight-bearing quadriceps strength 3



On a bed, position yourself with the leg you want to exercise straight. The other leg can be bent at the knee for comfort. Pull your ankle back, then using your thigh muscles lift your heel a short distance off the bed whilst keeping the leg straight. You may find it more comfortable to do this exercise lying flat.

Hold for \_\_\_\_\_ seconds, \_\_\_\_\_ repetitions, \_\_\_\_\_ set(s), \_\_\_\_\_ time(s) per day, \_\_\_\_\_ days per week.



## 21. Mini squat



Stand in front of a chair or other firm supportive surface holding on with both hands. Gently lower your body by bending your knees until your kneecaps cover your big toes. Keep your trunk tall. Try to keep your knees over your second toe and only go down as far as is comfortable. As it gets easier, you may be able to go slightly further. Return to a straight standing position after each exercise.

\_\_\_\_\_ repetitions, \_\_\_\_\_ set(s), \_\_\_\_\_ time(s) per day, \_\_\_\_\_ days per week.

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## 22. Non-weight-bearing hamstring stretch



Lying on your back on a bed, lift the leg you want to stretch up so that your knee moves towards your head. Keeping the leg as straight as you can, gently pull the leg towards your chest until you feel a stretch on the back of your thigh. Hold this position whilst relaxing your breathing. Try not to bounce.

Hold for \_\_\_\_\_ seconds, \_\_\_\_\_ repetitions, \_\_\_\_\_ set(s), \_\_\_\_\_ time(s) per day, \_\_\_\_\_ days per week.

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## 23. Weight-bearing hamstring stretch



Stand with the leg you want to stretch on a chair. Keep your leg straight and gently lean forward until you feel a stretch on the back of your thigh. Hold this position whilst relaxing your breathing. Try not to bounce.

Hold for \_\_\_\_\_ seconds, \_\_\_\_\_ repetitions, \_\_\_\_\_ set(s), \_\_\_\_\_ time(s) per day, \_\_\_\_\_ days per week.

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## 24. Single leg stand



Try to stand on one leg. Use your arms to help keep your balance as needed. Crossing your arms across your chest or closing your eyes will make it harder. You may wish to place your hands near or on a stable surface such as a chair, table or kitchen unit if you feel you need more support.

\_\_\_\_\_ minute(s), \_\_\_\_\_ set(s), \_\_\_\_\_ time(s) per day, \_\_\_\_\_ days per week.

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