



1 Set / 1 Rep



**1. Ankle alphabet AROM, sitting; 01**

Sit down with your legs extended or hanging off the table.  
Draw the capital letters of the alphabet with your ankle, accentuating all of the ranges of motion.

1 Set / 1 Rep / 1 s hold

**2. Soleus/plantar fascia stretch, toes against wall, standing**

Place the toes of you affected leg up against a wall.  
Keeping your heel in contact with the floor and your knee bent, push your knee forwards towards the wall.  
Hold this position, relax and repeat.  
You will feel the stretch through the lower calf and sole of your foot.



1 Set / 1 Rep

**3. Ankle plantar flexion/dorsiflexion AROM, sitting in chair, leg straight**

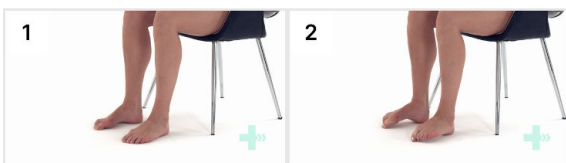
Sit up straight in a chair.  
Straighten one leg out in front of you.  
Keeping your heel on the floor, bring your toes up towards you, then point your toes away from you.  
Continue this movement.



1 Set / 10 Reps

**4. Toe flex (all), in sitting; 01**

From a lying or seated position, try to bend your toes.  
Imagine the tips of your toes are being pulled towards the arch of your foot.  
Relax and repeat.



**5. Gastrocnemius stretch, hands on wall, standing; 03**

In a standing position, step your affected leg back behind you. Keep the heel on the floor and the toes pointing forwards. Bend the front knee, moving your body forwards, until you feel a stretch in the back of the calf. Make sure your heel does not come off the floor and your back knee does not bend.



1 Set / 1 Rep / 1 s hold

**6. Soleus stretch, hands on wall, standing; 04**

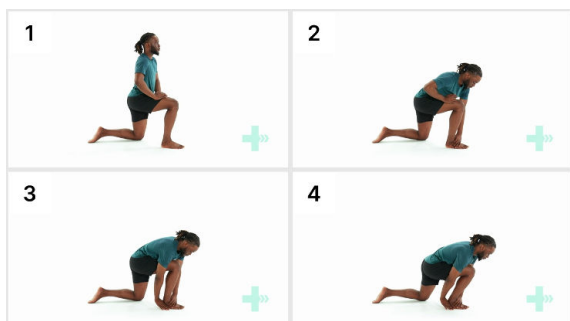
Stand up straight facing a wall. Step your affected leg back behind you. Keep your heel on the floor and your toes pointing forwards. Bend your front and back knee a little. Your back heel may come off the floor. Place your hands on the wall for balance if needed. Sink your weight through your heels. You should feel a stretch in the lower part of your calf. Hold this position.



1 Set / 1 Rep / 1 s hold

**7. Ankle dorsiflexion self-mobilization with traction**

Start in a half-kneeling position with the ankle you are targeting in front. Place one hand on top of your foot and use your other hand to hold your heel. Move your weight forwards to bring your knee over your toes and at the same time gently press your foot and heel downwards. Hold this position. Return to the starting position.



1 Set / 1 Rep / 1 s hold

**8. Gastrocnemius/plantar fascia stretch, toes against wall, standing; 01**

Place your toes against a wall, keeping the heel on the ground. Maintaining a straight knee, move your body forwards until you feel a stretch down the back of the calf. Hold this position, and repeat on the other side.



**9. Ankle dorsiflexion AROM, rocking over foot, half kneeling**

Kneel down facing a wall.

Place the foot you would like to exercise in front of you and place your palms on the wall.

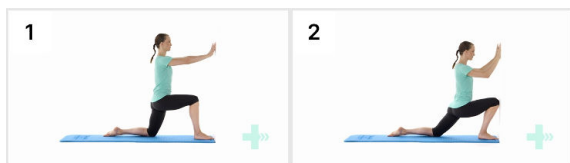
Start with your toes touching the wall.

Move your hips towards the wall, allowing your knee to travel forward and touch the wall.

If you are able to do this without your heel lifting, slide your foot back a little, and repeat.

Once you reach the point that your heel starts to lift from the floor before your knee touches the wall, hold your foot in this position, and rock your hips forward and backward.

Continue for the stated period of time or repetitions.



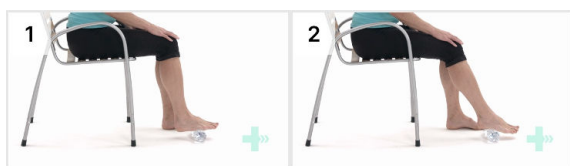
1 Set / 1 Rep / 10 sec duration

**10. Plantar fascia stretch, rolling bottle of ice, sitting; 01**

Take a bottle of water and freeze it.

Wrap the bottle in a towel and place it on the floor.

Roll the sole of your foot over the bottle to help reduce inflammation and to stretch the tissues out.



1 Set / 3 Reps / 1 min duration

**11. Plantar fascia stretch, rolling small ball, sitting**

Start in a seated position.

Place a small ball underneath the arch of your foot.

Apply pressure down on the ball, and roll the ball from the base of the heel up to the base of the great toe.



1 Set / 5 Reps / 10 s hold

**12. Toe flexors/plantar fascia stretch, figure 4 sitting**

Sit on a chair or on the floor for this exercise.

Bring the foot you would like to stretch in towards you by bending your knee.

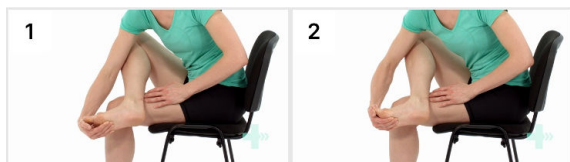
Place the heel of one hand along the tips of all of your toes.

Run your fingers around the ball of your feet and under your sole.

Using your fingers and your hand, pull all of your toes back towards you.

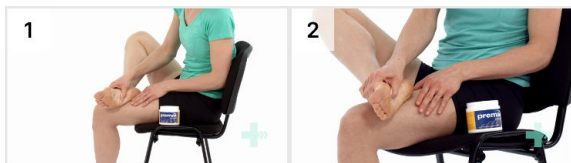
Be sure to not forget about your little toe.

Hold this position.



**13. Foot/arch plantar fascia massage, sitting**

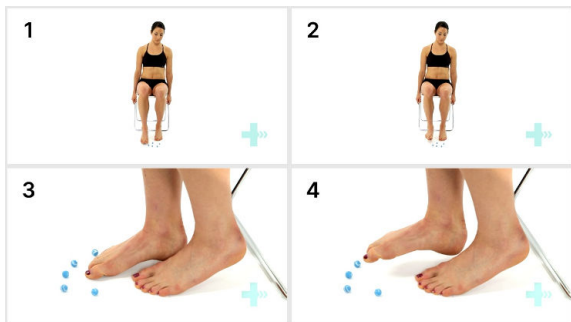
Sit up straight.  
Pull the leg of your affected foot in towards you, allowing your knee to drop out to the side.  
Place some cream in the arch of your foot, lightly rubbing it in in circles.  
Using the tips of your fingers or your thumb, with some gentle pressure, slowly run your fingers from the ball of your foot to your heel in a straight line.  
This can be performed in either direction.  
Ensure you do this movement on the middle and outer side of your foot arch too.  
Regularly swap hands to prevent them tiring.



1 Set / 1 Rep / 1 s hold

**14. Toe flexion (all) strengthening curling toes lifting marbles, in sitting; 01**

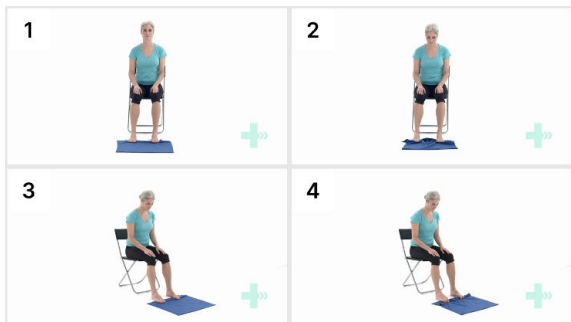
Sit in a chair and place the marbles on the floor.  
Pinch the marbles between your toes and pick the marbles up.



1 Set / 1 Rep

**15. Toe flexion (all) strengthening curling toes pulling towel, in sitting; 01**

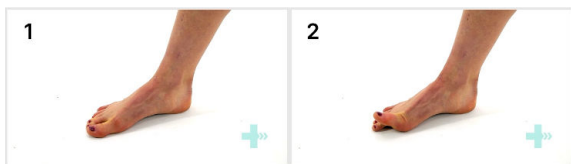
Start in a seated position.  
Spread a thin towel on the floor in front of you and place your foot on the end of the towel.  
Keep your heel on the floor and use your toes to try to pull the towel towards you.



1 Set / 10 Reps

**16. Hallux big toe extension AROM, in standing; 01**

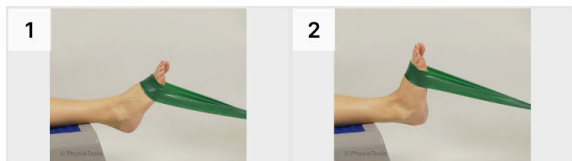
Try and lift your big toe up and down.



**17. Resisted ankle dorsiflexion - Version 2**

Sit or lie on your back, with your leg straight and the loop of an exercise band around your foot. Attach a band firmly in front of you with the slack taken off.

Bend your ankle against the resistance. Return to the starting position (ankle nearly straight) in a controlled manner resisting the pull from the band.

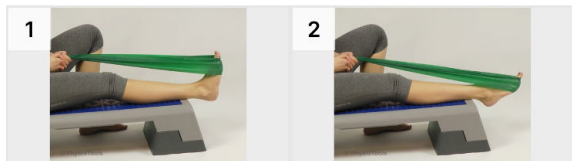


1 Set / 1 Rep

**18. Resisted ankle plantar flexion**

Sit with your leg straight and the loop of an exercise band around your foot. Hold both ends and take the slack off the band.

Straighten your ankle against the resistance. Return to the starting position in a controlled manner.

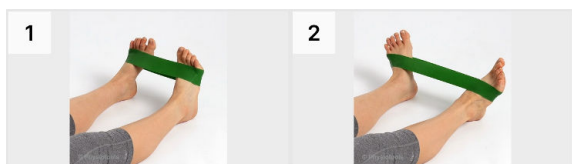


1 Set / 1 Rep

**19. Resisted ankle eversion - version 2**

Start by sitting on the floor with an exercise band looped around the balls of your feet.

Pull the band and turn the soles of your feet outwards. Return to the starting position in a controlled manner.



3 Sets / 10 Reps

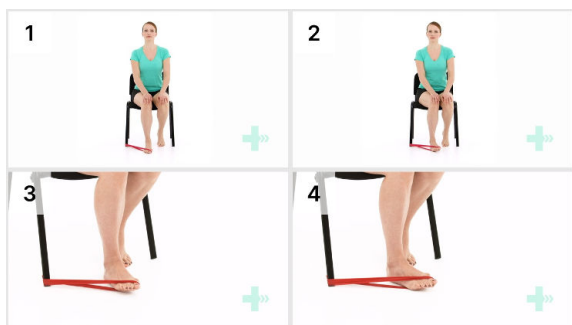
**20. Ankle inversion strengthening, with band, sitting**

Sit upright in a chair with a resistance band tied in a loop. Place the band around the base of your toes on your affected foot, around the leg of the chair.

Ensure there is some tension in the band.

Turn your affected foot inwards against the resistance of the band, keeping your heel in the same position on the floor.

Control the movement as you bring your foot back in to the neutral position.



**21. "Heel raises" Gastrocnemius strengthening, standing behind chair; 01**

Hold on to a solid object with your legs hips width apart.  
Keeping your knees straight, rise up on to your toes, and control the movement as you lower back down.

1 Set / 5 Reps / 30 s hold

**22. Balance, single-leg, eyes open, near support; 02**

Balance on your symptomatic leg for as long as you can.  
You may want to be close to a solid object to hold on to if needed.  
Do not rest your bent leg on the stance leg.



1 Set / 1 Rep / 1 s hold

**23. Balance, standing, on balance pad**

Place a balance pad on the floor near a wall or solid object.  
Hold onto the supporting surface as you place one foot, then the other, on the balance pad.  
Get your balance, then try to take your hand away from the support.  
Aim to stand as still as possible, allowing your feet and legs to keep your balance.

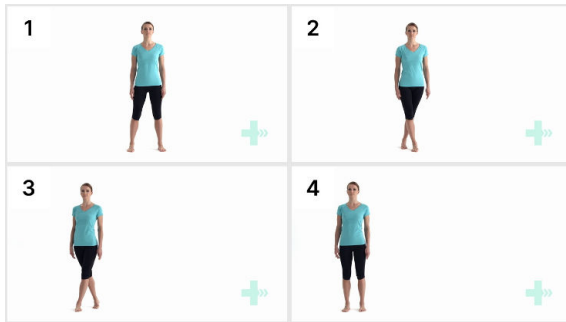


1 Set / 10 Reps

**24. Balance, tandem walking; 02**

Walk with one foot in front of the other as though you are on a tightrope.  
The heel of the front foot should touch the toes of the back foot.  
Look straight ahead and control your balance as you do this.



**25. 'Footwork' "Grapevine" Slow stepping, crossover; 01**

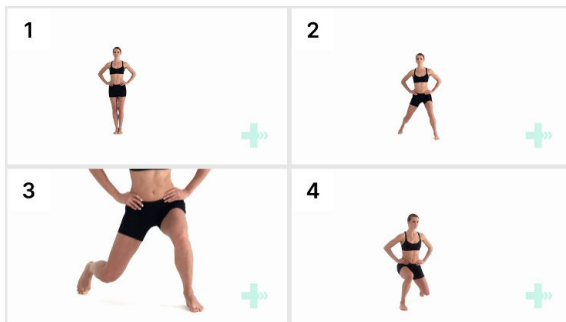
Stand upright in the neutral position.

Move your left leg in behind your right leg so your feet are slightly closed over. Transfer your weight onto your left leg, at the same time move your right leg one pace sideways to end up in the neutral standing position.

Perform for the required duration and then repeat in the opposite direction.

*this will be a challenge. But try it very, very slowly*

1 Set / 10 Reps

**26. Lunge, walking, diagonal steps**

Take a large step forward and to the side so that your feet are on a diagonal from the starting position.

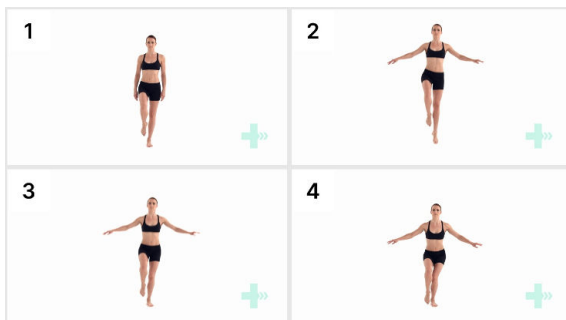
Bend through both knees and hips as you lunge.

Keep your body and spine upright and continue moving forward.

Try to be continually moving in a controlled manner, but remember that the movement is like an elevator going straight down.

Return to the starting position after each lunge and alternate legs.

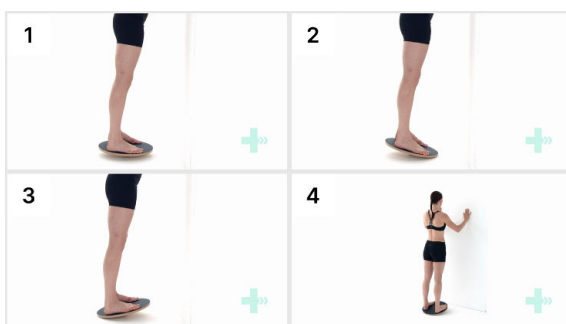
1 Set / 5 Reps

**27. Hopping, on the spot, hold**

Stand on your affected leg and practice hopping, springing high off the floor and landing as gently as you can.

The balls of your feet should be the first to land on the floor, followed by your heel, then a bend of the knee.

1 Set / 1 Rep

**28. Ankle plantar flexion/dorsiflexion strengthening, on wobble board, standing, PHP**

Stand on a wobble board with your feet hip-width apart.

Keep your knees and hips straight as you seesaw the board forwards and backwards.

Keep the movement smooth.