

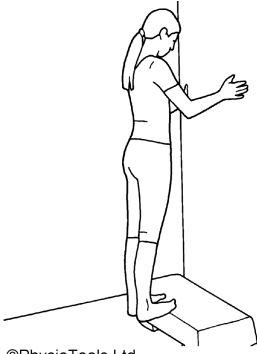


## Personal exercise program

Warwick Physio and Rehab

Warwick Physiotherapy & Rehabilitation  
Unit 1, Bank Gallery, 13 High Street, CV8 1LY, Kenilworth,

Intermediate - Advance...



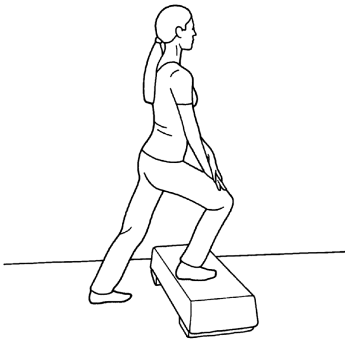
©PhysioTools Ltd

Stand on a step with both heels over the edge. Hold on to a support.

Let the weight of your body stretch your heels towards the floor.

Hold this position for as long as possible.

Repeat 10-15 times.

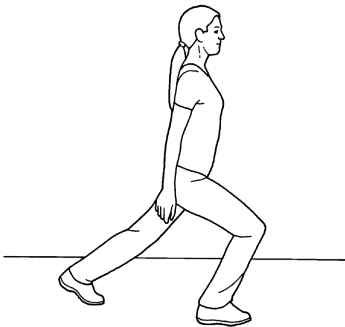


©PhysioTools Ltd

Stand. Place your affected foot on a shallow step.

Slowly shift your weight forward over your foot. Keep your heel in contact with the step during the exercise. Hold 10-15 secs.

Repeat 10-15 times.



©PhysioTools Ltd

Stand straight. Take a step forwards and take the weight onto the front leg.

Push off your front leg bringing legs back together. Repeat with other leg.

Repeat 10-15 times.

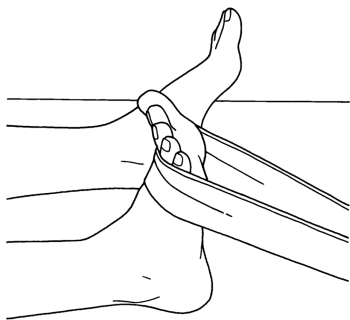


©PhysioTools Ltd

Kneeling, sitting on your calves. Hold on to the foot of the leg to be stretched.

Stretch your foot and toes by slowly pulling upwards. Do not rotate your foot inwards. Hold approx. 10-30 secs. relax.

Repeat 5 times.

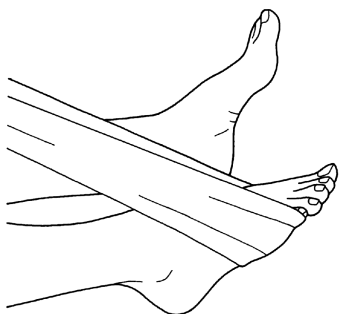


Sit on the floor or on a chair. Put a rubber exercise band around your foot.

Pull your foot up towards your body, and then gently return to starting position.

Repeat 10-15 times.

©PhysioTools Ltd

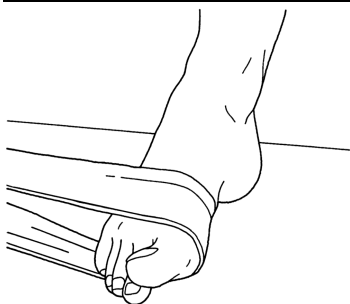


Sit on the floor or on a chair. Put a rubber exercise band around your foot.

Point your toes towards the floor. Slowly return to starting position.

Repeat 10-20 times.

©PhysioTools Ltd

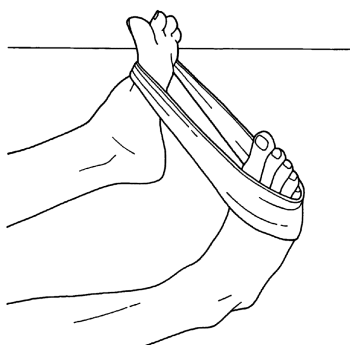


Sit on the floor or on a chair. Put a rubber exercise band around your ankle.

Turn your foot inwards as if to look at the sole of your foot.

Repeat 10-20 times.

©PhysioTools Ltd

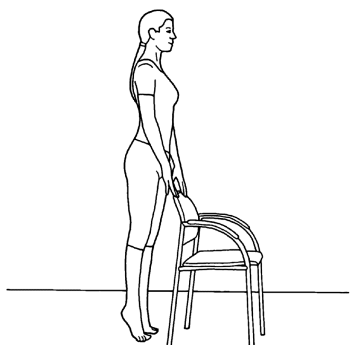


Long sitting. Put a rubber exercise band around your feet.

Turn the soles of your feet away from each other. Keep your knees facing the ceiling.

Repeat 10-20 times.

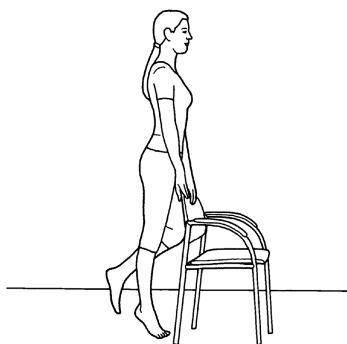
©PhysioTools Ltd



Stand.

Push up on your toes. Repeat 10-20 times.

©PhysioTools Ltd

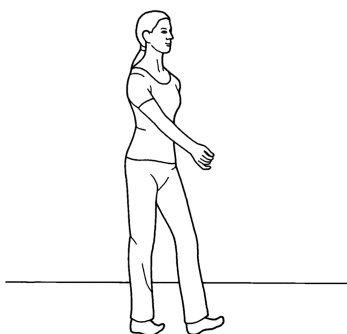


Stand on your affected leg.

Push up on your toes.

Repeat 10-20 times.

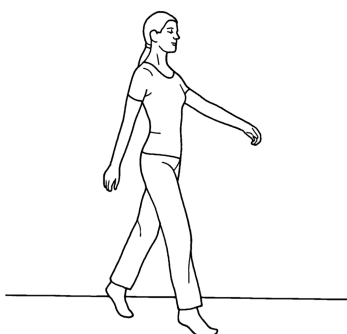
©PhysioTools Ltd



Stand.

Walk on your heels for upto 60 secs.

©PhysioTools Ltd



Stand.

Walk on your toes for upto 60 secs.

©PhysioTools Ltd



### BALANCING EXERCISES

Stand on one leg.

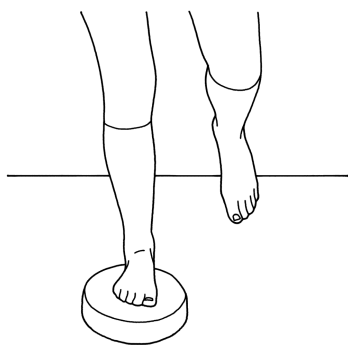
Lift the other foot and press it against the inner side of the other leg.

Hold for upto 60 seconds.

Repeat 5 times.

Progress this exercises by balancing on your affected leg and reaching forwards, backwards and sideways with your unaffected leg.

©PhysioTools Ltd



©PhysioTools Ltd

## PROPRIOCEPTION EXERCISES

Stand.

1. Step sideways and place your foot on a balance pad or rolled up towel.

Hold for upto 60 seconds.  
Repeat 5 times.

2. To make this exercise harder close you eyes.

3. Progress the exercise further by balance on an uneven surface and throw a ball against the wall and catch.

---