



1 Set / 10 Reps / 10 s hold



1. Gastrocnemius stretch, with strap, sitting

This exercise stretches your calf muscle. It is an important muscle for walking and balance. Sit upright in a chair in a well supported relaxed posture. Place a towel under the ball of your foot on the leg to be stretched. Hold the ends of the towel in both hands and straighten your leg out in front of you, keeping your heel on the ground. Pull on the towel to bring your toes up towards you. You should feel the stretch down the back of your calf. Hold this position for the required duration and then change legs and repeat.

Stretch calf every day especially prior to sport activity

1 Set / 10 Reps / 10 s hold

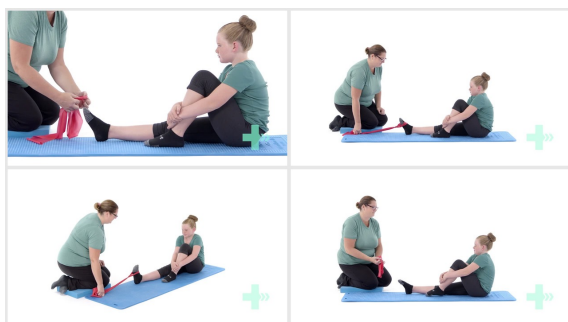


2. Hamstring stretch, straightening leg to ceiling with strap, supine

Lie on your back with a belt around the ball of your foot on your affected leg. Tuck your knee into your chest and take up the slack of the belt in each of your hands. Keeping your knee tucked into your chest, use the belt to assist your foot towards the ceiling, straightening your knee. Hold this position and feel the stretch into the back of your thigh. Bend your knee to reduce the stretch and return to the start position.

Stretch hamstrings every day especially prior to sport activity

3 Sets / 10 Reps



3. Ankle dorsiflexion strengthening, with band, sitting leg straight; 01

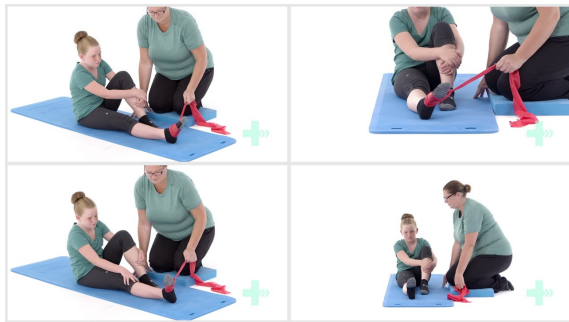
Sit with your legs straight out in front of you. Place the band around the top of your affected foot. You can either securely tie the band to a stable object or grown up could hold band out in front of you. Keeping your leg still and your knee facing up to the ceiling bring your foot up against the band. Slowly let your foot back down and return to the starting position.

3 Sets / 10 Reps



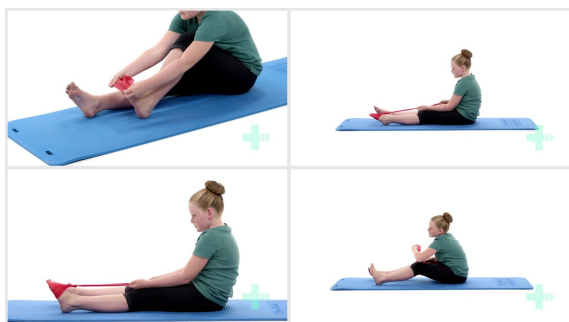
4. Ankle inversion strengthening, with band, sitting leg straight

Sit up with your legs straight out in front of you. Loop a resistance band around your foot to be exercised, holding the ends in each hand. Place your other foot inside the loop and cross it over the front of your other shin. Press this foot into the resistance band, creating some tension in the band between both feet. Keeping your upper foot still, turn your lower foot inwards against the resistance of the band. Ensure your leg stays straight with your knee pointing directly up towards the ceiling.



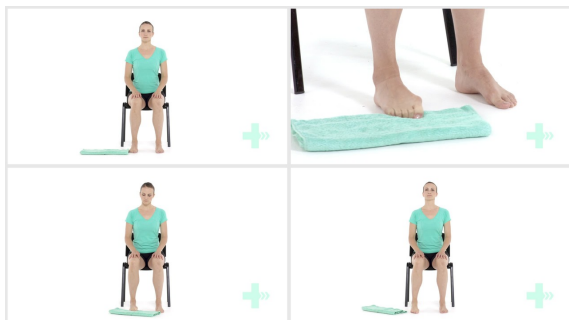
5. Ankle eversion strengthening, with band, sitting leg straight

Sit with your legs straight out in front of you.
 Bend the leg you won't be exercising and place your foot on the floor
 Place the band around the outside of your affected foot.
 You can either securely tie the band to a stable object or a grown up could hold band out to your side.
 Keeping your leg still and your knee facing up to the ceiling turn your foot out against the band.
 Slowly let your foot back in and return to the starting position.



6. Ankle plantar flexion strengthening, with band, leg straight, sitting

Sit with your legs straight out in front of you.
 Place the band around the sole of your affected foot.
 Hold onto the ends of the band in front of you
 Keeping your leg still and your knee facing up to the ceiling, point your foot down against the band.
 Slowly let your foot back up and return to the starting position.



7. Ankle inversion/eversion strengthening, foot on towel, sitting

Sit upright in a chair with your feet hip's width apart, flat on the floor.
 Place a towel on the floor to the outside of your affected foot.
 Keeping your heel on the floor and your leg stable, grasp and pull the towel towards your centre with your affected foot.
 Repeat until the entire towel has been pulled between your feet.
 Repeat in the opposite direction.



8. Balance, single-leg, eyes open, near support

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