

Exercise plan:
New onset of foot pain- EASY

Patient:
CHCP WEBSITE EXERCISES

Date:
03rd Aug 2023

Dear Patient,

You may experience some pain initially with your exercises, either during or afterwards. This is not unusual and should not last for a long time. If your pain continues to worsen or becomes more continuous and you feel this is related to the exercises, then please stop them and speak to your Physiotherapist. If it seems to be one exercise in particular, stop that one and speak to your Physiotherapist if required.

There are several ways to progress your exercises independently if you wish, these include: increasing the number of repetitions, increasing the number of sets, increasing how long you hold it for, or increasing the resistance/weight used. The same can be applied to make the exercises easier, by reducing those numbers.

Toe Curls

- 1) Sit and place a towel on the floor.
- 2) With your foot on the towel, curl your toes into the towel to scrunch it up, and then relax. Repeat as required.

This is a mobilisation exercise for your toes and for the small muscles of the foot.

Repetitions: 20 | Time: once to twice a day

Video: <https://youtu.be/FxHeokSwEes>



© rehabmypatient.com

Plantar Fascia Stretch

- 1) Sit comfortably, and place your foot on your opposite knee.
- 2) Grasp your toes and pull them backwards to create a stretch to the sole of your foot. Hold the stretch for a count of 10. Then relax.

(If you struggle to get into this position, sit with your legs out straight on the bed. Then loop a belt or scarf around the toes/ball of the foot. Now pull the ends of the belt/towel to stretch the foot.)

Repetitions: 8 | Time: once to twice a day

Video: <https://youtu.be/kH5-HMfkin4>



© rehabmypatient.com

Single Leg Balance Standing Unsupported

- 1) Stand on one leg, and try to keep your balance.
- 2) Be careful and lightly hold on to a wall or table for support when you first start this exercise, but as you feel more confident you can reduce contact and support from the wall or table.

AIM: Increase how long you can balance on one leg.

A single leg balance exercise such as this is an enormously valuable exercise, and its benefits including strengthening the muscles and ligaments around the foot, ankles and knees, and improving balance.

Repetitions: 6 | Time: once to twice a day

Video: <https://youtu.be/uoYeEli82f8>

