

Exercise plan:  
**New onset of foot pain- Moderate**

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.



### **Towel Pick-Up**

- 1) Sit and -put a towel on the floor.
- 2) and use your toes to pick up the towel

This exercise will help improve strength and mobility in your toes.

**Repetitions: 20 | Days per week: 5 to 7**

Video: <http://youtu.be/ye15Qfdip6k>



### **Tennis Ball Rising**

- 1) Stand tall on the floor, and place a small ball (Like a tennis ball) in-between your ankles. If you need more support stand close to a wall.
- 2) Slowly rise up onto the balls of your feet lifting your heels off the ground, keeping the ball between the ankles.
- 3) Lower the heels back to the floor steadily. Gently bend your knees when you land, pressing your heels firmly on the floor. Relax and repeat as required.

This exercise will strengthen foot, ankle and calf muscles. It also strengthens the muscles that support the foot arch.

**Repetitions: 12 to 20, as able | Days per week: 5 to 7**

Video: [http://youtu.be/TFklyPcbO\\_w](http://youtu.be/TFklyPcbO_w)



## One Leg Stand with towel

- 1) Fold up a towel, place it on the floor (or use a cushion/pillow).
- 2) Stand with your foot on the towel/cushion and try to keep your balance as long as you can.

Be careful and hold on to a wall for support when you first start this exercise.

If it is very easy progress by balancing with your eyes closed.

This exercise will improve your balance and strength throughout your foot and leg.

Aim: You can balance longer one one leg (on a soft surface).

**Repetitions: 6 | Days per week: 5 to 7**

Video: [http://youtu.be/LkVfT3\\_-ji8](http://youtu.be/LkVfT3_-ji8)