

Exercise plan:  
**Foot pain - ADVANCED**

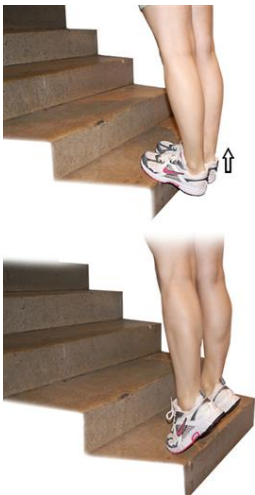
Patient:  
**CHCP WEBSITE EXERCISES**

Date:  
**05th Jun 2024**

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.



### **Calf Heel Raise Two Legs Step**

- 1) Stand on a step, hold onto a hand rail for balance if required. Shuffle the heels off the step, so the ball of the foot remains on the step.
- 2) Slowly raise up onto your toes.
- 3) Control the movement back down, and sink the heels just below the level of the step.

This exercise will strengthen the calf muscles and ankle joints, but at the bottom of the movement put a stretch through the calves and foot as well.

**Repetitions: 20 to 30, as able | Rest: 30 second rest halfway through the repetitions, if need | Days per week: 3 to 5**

Video: [http://youtu.be/jfKTT\\_hr8bk](http://youtu.be/jfKTT_hr8bk)



### **Walking on different parts of the foot.**

- 1) Be careful when you start this exercise, stand near a kitchen counter or wall when you start, in case you need to correct your balance. You can wear trainers to start with and progress to bare foot. Walk slow and steady.
- 2) First walk on the outside of your feet (for 20 steps).
- 3) Then walk on the inside of your feet (for 20 steps).
- 4) Then walk on your toes for (for 20 steps).
- 5) Then walk on your heels for (for 20 steps).

This is a great exercise to help train the arch of your foot, and to build muscle and ligament strength around your foot and ankle.

**Days per week: 3 to 5**

Video: <http://youtu.be/yTE4at69uu0>



## Jumping and Hopping

- 1) Stand on a stable surface. If it has been a long time since you last jumped or hopped- you may want to lean on the kitchen counter.
- 2) Either on one leg, or two legs (depending on how confident you feel). Bend the knee/knees gently, then push off the foot/feet to hop or jump.
- 3) Land softly (This means you should land on the ball of the foot, with the heel after (without a bang), and bend slightly at the knee as you land, to absorb the impact)
- 4) If you have hopped, try to maintain your balance on one leg for as long as you can after landing.

Progress from jumping to hopping. Or to hopping higher or hopping forwards.

If you want to return to sport, practice hopping in different directions or over small obstacles.

This exercise can help improve balance and co-ordination, as well as leg/foot strengthening.

**Repetitions: 12 to 30, as able | Days per week: 3 to 5**

Video: <https://youtu.be/WdjjOllK0il>



## Side-Step

Stand with your feet together, and step to the side, and then back to the start position, then to the other side. It's a useful co-ordination exercise during ankle and knee rehabilitation.

**Sets: 2 | Repetitions: 20 each way | Days per week: 5-7**

Video: [http://youtu.be/4eIJQ8As\\_4I](http://youtu.be/4eIJQ8As_4I)



## Straight-Line Standing

Place one foot in front of the other, with the heel of one foot against the toes of the opposite foot. Stand here, and maintain good balance. Try to look straight ahead of you, and not down at your feet. This is a useful co-ordination and balance exercise.

**Sets: 2 | Repetitions: 20 each way | Days per week: 5-7**

Video: <http://youtu.be/Mt2Pmq3PPzk>