

EXERCISES

Tip toe / Heel raise

Stand on a flat surface, then raise up onto your tip toes. You do not need to go as far as you can, about halfway is suitable. Hold this position for 20-30 seconds, then lower your feet to a standing position flat on the floor and repeat 5 times.

These exercises should be done twice a day. You can hold on to something to steady yourself.



Balancing on one leg

Stand on a flat surface then slowly bend one leg so that your heel moves towards your bottom. Use your arms to balance yourself and practice holding this position.

Repeat the exercise 5 times on each leg and hold the position try to build up 20-30 seconds. Exercises should be done twice a day.



EXERCISES

Hamstring Stretch

Stand on a flat surface then, using a stool or something similar, place one foot up onto the stool. Keeping both legs straight, gently bend forward and turn out the toes of the raised leg until you feel a gentle stretch. The stool should be waist height however, if this is uncomfortable you can use something lower and increase with practice.

Repeat the stretch 5 times on each leg and hold the stretch for 20-30 seconds, stretches should be done twice a day.

Calf Stretch/ Lunge

Stand on a flat surface in front of a wall with your feet pointing forward. Move one leg behind you into a lunge position. Place your hands flat against the wall in front of you, keeping your feet flat on the floor and bend your front leg. You should feel a stretch in the back of the straight leg(calf).

Repeat the stretch 5 times on each leg and hold the stretch for 20-30 seconds, stretches should be done twice a day.

