

RESISTANCE BAND EVERSION

Attach a length of resistance band to a fixed object and loop around your foot. Starting with your foot pointed and turned in (1), turn your foot outwards against the resistance (2). Keep your foot pointed throughout the movement and do not move your leg. Slowly return to the start position and repeat.

SETS & REPS: 10-20 reps

FREQUENCY: Daily

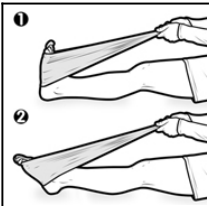


RESISTANCE BAND INVERSION

Attach a length of resistance band to a fixed object and loop around your foot. Starting with your foot turned out (1), turn your foot inwards against the resistance (2). Ensure your leg does not move during the exercise. Slowly return to the start position and repeat.

SETS & REPS: 10-20 reps

FREQUENCY: Daily



RESISTANCE BAND PLANTARFLEXION

Grasp a length of resistance band, looped around your foot and pull your toes back towards you (1). Keep your knee straight as you point your foot down against the resistance (2). Slowly return to the start position and repeat.

SETS & REPS: 10-20 reps

FREQUENCY: Daily



RESISTANCE BAND DORSIFLEXION

Attach a length of resistance band to a fixed object and loop around your foot. Starting with your foot pointed, pull your toes back towards you against the resistance. Slowly return to the start position and repeat.

SETS & REPS: 10-20 reps

FREQUENCY: Daily



STANDING HEEL-TOE ROCKS

Stand, holding a supportive surface and work in a pain-free or low pain range. Start with your weight on your heels and forefoot raised (1). Slowly rock your weight forward, flattening your feet on the floor (2) then pushing up onto the balls of your feet with heels raised (3). Slowly rock your weight back, lowering your heels (2) and finishing with your forefoot raised (1). Repeat.

SETS & REPS: 30 seconds

FREQUENCY: 2-3 x day



WALKING ON TOES

Walking forward on your toes.

SETS & REPS: 30secs

FREQUENCY: 2-3 x day



WALKING ON HEELS

Walking forward with your toes pulled back. Make contact only with your heels.

SETS & REPS: 30secs

FREQUENCY: 2-3 x day