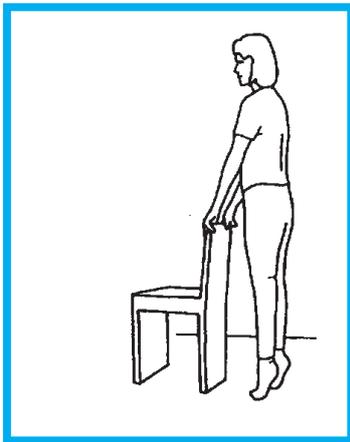




## Strengthening exercises

Do these exercises **\_2\_** x day

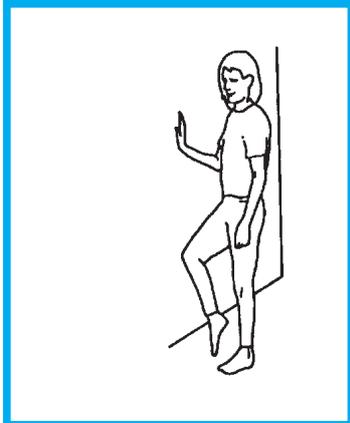


1. Stand.

Push up onto your toes.

Hold for as long as is comfortable.

Aim for 5-10 repetitions of 10 seconds.

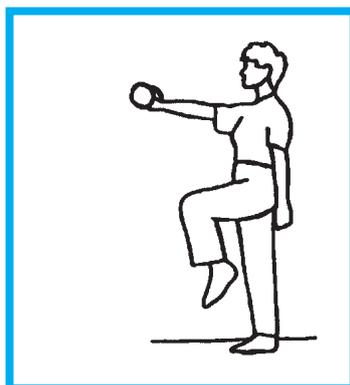


2. Standing

Lift one leg. This is to retrain your balance.

Hold for as long as is comfortable.

Aim for 5 repetitions of 20 seconds.



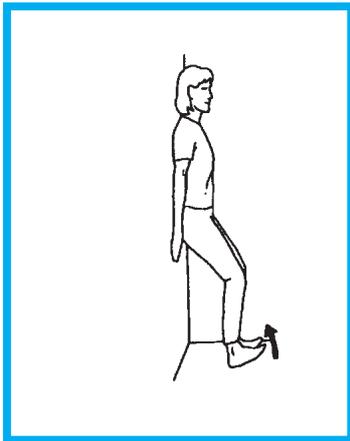
3. Stand straight holding a light weight.

Lift the arm forwards and up, then lift your knee on the opposite side of your body. Keep your balance and hold as long as possible



### Strengthening exercises

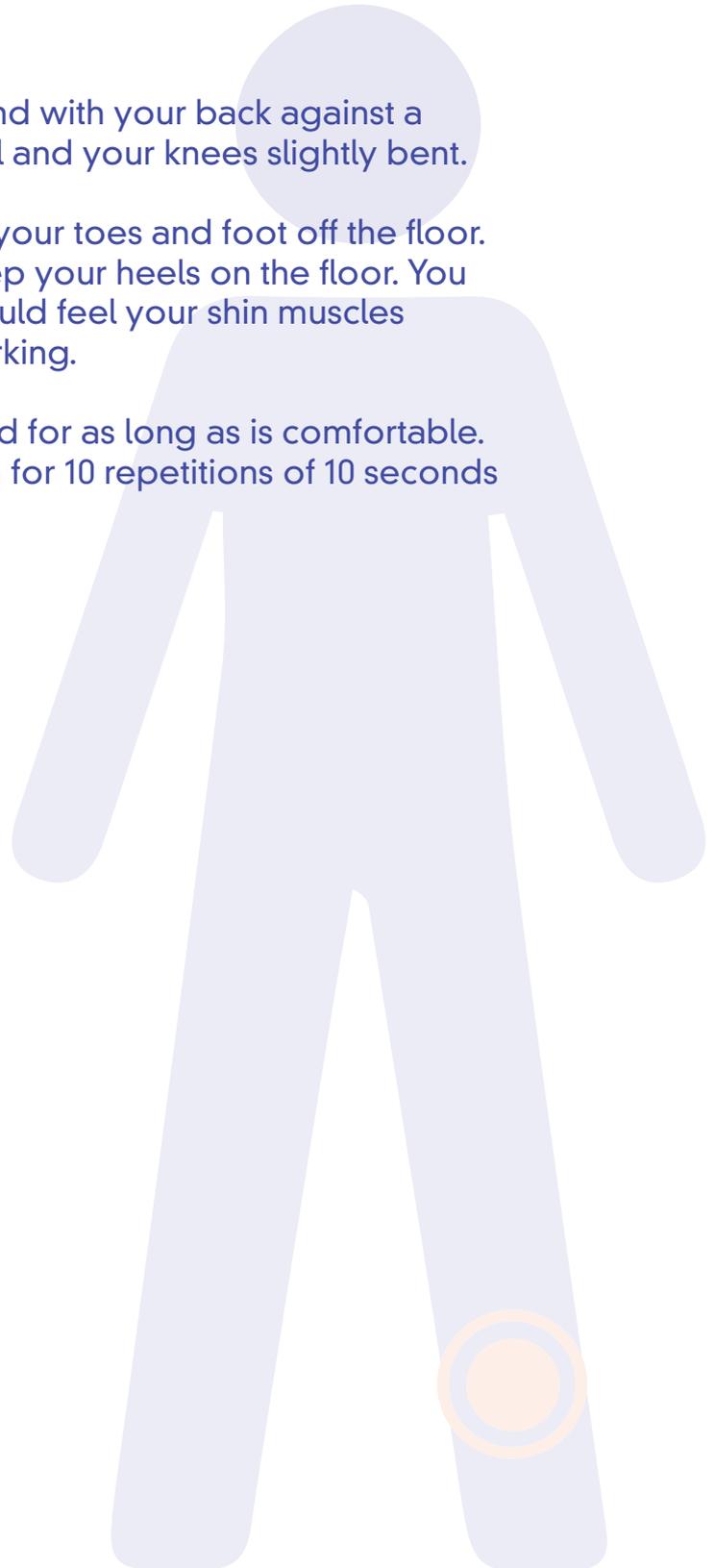
Do these exercises **\_2\_** x day



4. Stand with your back against a wall and your knees slightly bent.

Lift your toes and foot off the floor. Keep your heels on the floor. You should feel your shin muscles working.

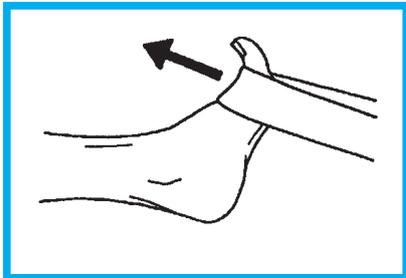
Hold for as long as is comfortable. Aim for 10 repetitions of 10 seconds





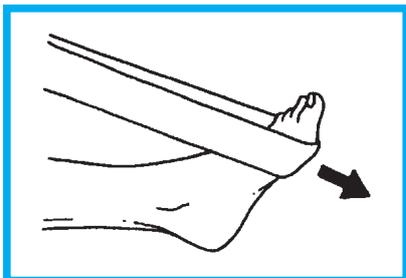
## Ankle Exercises

Do these exercises \_\_\_ x day



1. Sit on the floor or on a chair. Put a Rubber band / towel around your foot. Pull your foot up towards your body against resistance, and then gently return to the starting position.

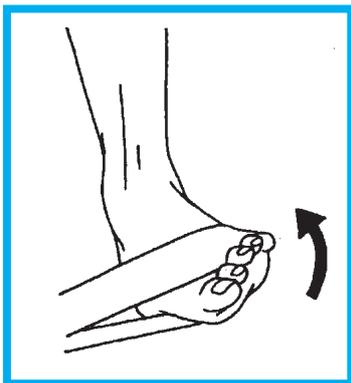
Repeat as many times as is comfortable.  
Aim for 10 repetitions.



2. Sit on the floor or on a chair. Put a rubber band / towel around your foot.

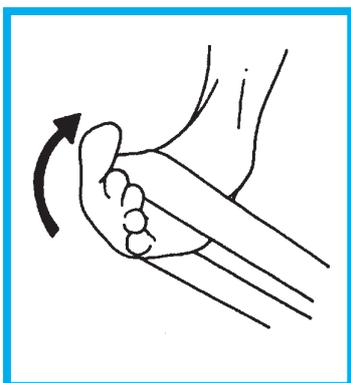
Point your toes towards the floor.  
Slowly return to the starting position.

Repeat as many times as is comfortable.  
Aim for 10 repetitions.



3. Sit on the floor or a chair. Put a rubber band around your ankle. Turn your foot outwards.

Repeat as many times as is comfortable.  
Aim for 10 repetitions.



4. Sit on the floor or A chair. Put a rubber band around your ankle.

Turn your foot inwards as if to look at the sole of your foot.

Repeat as many times as is comfortable.  
Aim for 10 repetitions.