

Strengthening

- 1) Stand on a hand towel, feet and toes relaxed
- 2) Grasp the towel with your toes in a clawing motion, so that the towel is pulled towards your heel.
- 3) Flatten the towel out as required and repeat the same sequence 10 - 20 times

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Strengthening

- 1) With a 5-10 lb. weight on one end of a towel and your foot next to the weight, first slide the towel **outwards** and then pivot on the heel in the same direction.
- 2) Repeat the sequence 10 - 20 times


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Balancing

- 1) Although a wobble board is the ideal balancing exercise, if one is not available a large rolled up towel is an acceptable alternative.
- 2) With your foot evenly on the towel roll try to balance on one leg for as long as you can.
- 2) Repeat at least twice a day, building up to 15 min. continuous balancing.

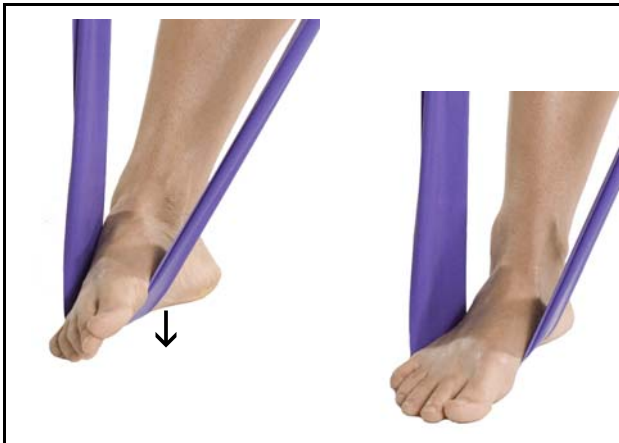
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Stretching

- 1) Sitting on the floor loop a theraband/tubing, or a piece of cloth (e.g. a scarf), around the base of your flexed foot, holding it evenly taut.
- 2) Pull the scarf back towards you so that your foot is pulled back stretching the heel
- 3) Repeat the sequence 10 - 20 times

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Strengthening

- 1) Foot looped around a theraband/tubing, or a scarf, stand on the **outer** edge of your foot with the inner edge of your foot raised.
- 2) Push down with the sole of your foot against the resistance of the scarf/resistance band
- 3) Repeat the sequence 10 - 20 times

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Strengthening

- 1) Foot looped around a theraband/tubing, or a scarf, stand on the **inner** edge of your foot with the outer edge of your foot raised.
- 2) Push down with the sole of your foot against the resistance of the scarf/resistance band
- 3) Repeat the sequence 10 - 20 times

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