


Stretching

- 1) Stand with both legs straight one in front of the other as if taking a step.
- 2) Bend the knee as far forward as you can in front of the toe without lifting the heel, holding the Achilles stretch for approx. 10 sec.
- 3) Return to the start position and repeat the sequence 10 times


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Stretching

- 1) Standing up straight at arms length, hands flat on the wall, lean all the way forward without lifting the heel and hold for approx. 10 sec.
- 2) Return to the start position and repeat the sequence 10 times


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Strengthening

- 1) Stand with your feet flat, toes slightly turned in and heels turned out.
- 2) Go up on to your toes, for two, or three seconds and then return to the start position
- 3) Repeat this sequence 10 - 20 times


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Strengthening

- 1) Stand with your feet flat, toes slightly turned out and heels turned in.
- 2) Go up on to your heels, standing on them for two, or three seconds and then return to the start position
- 3) Repeat this sequence 10 - 20 times


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Stretching

- 1) Stand foot horizontal with the instep of your foot over the edge of a step
- 2) Keeping the front of the foot on the step, drop your heel over the edge pushing it down as low as you can.
- 2) Return to the upright standing position and repeat the sequence 10 times


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Isometric Strengthening

- 1) Stand with one leg straight in front of the other as if walking.
- 2) Bending slightly at the knee, lift the foot up and push down hard with the heel for at least 20 - 30 secs.
- 3) Repeat this sequence 10 -15 times

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Isometric Strengthening

On a stationary exercise bike with a foot pedal strap, contract the toes of the affected foot in a claw like grip. Pull up against the strap with the top of your foot, lifting the pedal all the way up, then push down and repeat. Rest the other foot on the floor, or the other pedal. Start on a low resistance level.

Pedal for min.

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Massage

- 1) In a seated position place a golf ball under the middle of the instep.
- 2) Pushing firmly down on to the golf ball with the instep, move the foot over the ball backwards and forwards for about five minutes.

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