

**Stretch gently. Stop any exercise causing tingling or severe pain.**

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Lying on your back or sitting.



Bend and straighten your ankles in a pain free range of movement.

Repeat 10 times.

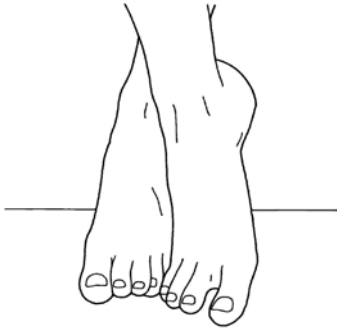
After you have done this turn the inside of your foot so that it is facing in and then turn it out in a pain free range of movement.

Repeat 10 times.

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Sit on a chair or on the floor. Cross your feet and put the outer edges of your little toes together.



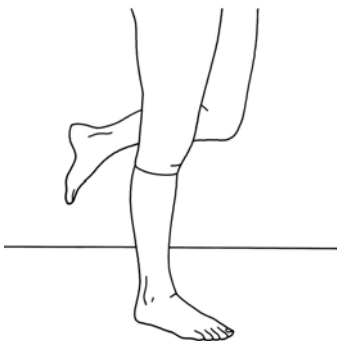
Press the outer edges of your little toes together within a pain free level of resistance. Hold approx. 5 secs.

Repeat 10 times.

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Standing with a stable surface such as a kitchen top in front of you.



Try to balance on the affected leg without holding onto the surface with your hands. Hold for up to 15-20 seconds.

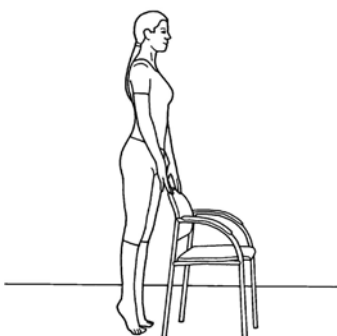
Repeat for 2-3 minutes.

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Stand.

Push up on your toes. Repeat 10 times.



If this is too difficult then perform this exercise in sitting with your knees bent and feet flat on the floor. Lift your heels up keeping your toes on the floor and slowly lower. Repeat 10 times.

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