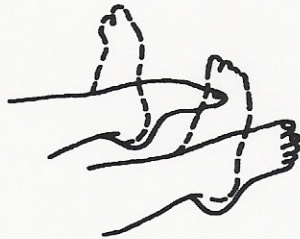


FEET EXERCISE SHEET

PRODUCED BY: DR HASAN TAHIR & MR CLIVE SUTTON



Lying on your back or sitting.
 Bend and straighten your ankles.
 Repeat 15 times.



Lying or sitting.
 Bend and straighten your toes.
 Repeat 15 times.

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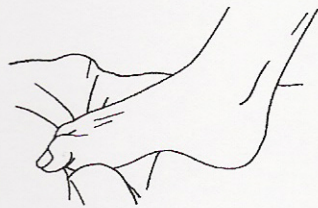
Sitting with your foot on the floor.
 Shorten your foot by tightening the muscles on the sole of your foot. Keep your toes pushed straight against the floor.
 Repeat 10 times.



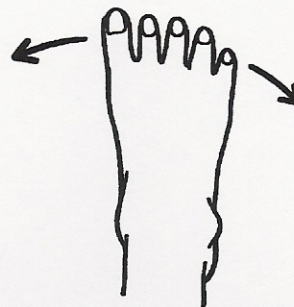
Standing or sitting with your foot on the floor.
 Curl and straighten your toes.
 Repeat 10 times.

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Stand or sit with your foot on a towel.
 Curl your toes and crumple up the towel.
 Repeat for 1 minute.



Sitting with your foot on the floor.
 Try to open and close your toes.
 Repeat 10 times.

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- START THE EXERCISES GENTLY, THE REPETITIONS ARE A GUIDE
- AIM TO PERFORM THE EXERCISES MORNING, LUNCH AND EVENING
- IF THE EXERCISES MAKE THE PAIN WORSE, STOP FOR 2-3 DAYS
- START AGAIN VERY GENTLY, IF THEY STILL MAKE THE PAIN WORSE SEEK ADVICE AS NECESSARY