

Leeds Teaching Hospitals Physiotherapy Department

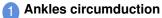
Phase 1 Exercises

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Online access login.wibbi.com

Notes:

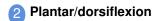
Undertake exercises little and often as pain allows.

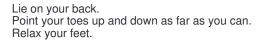




Sit down straight and trace circles with your foot by turning your ankle in one direction without moving the knee.

Return to the middle and repeat in the other direction.









Toe curl with towel





Sit on a chair with the affected foot resting on a flat towel. Slowly bunch up the towel by curling the toes. Replace the towel and repeat.