

Notes :

Undertake exercises little and often as pain allows.

1 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.

2 Resisted plantar flexion



Sit straight on a chair with your feet flat on the floor.
Flex the ankle to go on the tip of your toes, raising the heel off the ground.
Lower and repeat.