

Notes :

Undertake exercises little and often as pain allows.

1 Partial squat



Stand in front of a counter and hold onto the countertop.
While maintaining your back straight and your hips above the level of your knees, slowly lower your body into a semi-squat position without leaning forward and keeping your heels in contact with the ground at all times.

2 Plantar flexion on two legs



Stand on both feet with your hands on a chair or table for balance.
Raise on your tiptoes without bending the knees.
Lower under control to come back to the starting position and repeat.

3 Single leg stance



Stand and lift one leg.
Hold that position for up to 20 seconds.