

Leeds Teaching Hospitals Physiotherapy Department

Toe: Phase 3

Client ID 99209803

Online access login.wibbi.com

Notes:

Undertake exercises little and often as pain allows.







Stand in front of a counter and hold onto the countertop.

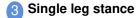
While maintaining your back straight and your hips above the level of your knees, slowly lower your body into a semi-squat position without leaning forward and keeping your heels in contact with the ground at all times.







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.







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