

Notes :

Undertake exercises little and often as pain allows.

1 Ankles circumduction



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.

2 Plantar/dorsiflexion



Lie on your back.
Point your toes up and down as far as you can.
Relax your feet.

3 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.