

**Notes :**

Undertake exercises little and often as pain allows.

**1 Weight bearing**



Stand in front of a table and place your hands on it.  
Shift your body weight onto the affected leg supported by your hands.  
Return to the midline and repeat.  
When you shift your weight, keep looking straight ahead of you and maintain your shoulders leveled.

**2 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.

**3 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.

**4 Single leg stance**



Stand and lift one leg.  
Hold that position for the recommended time.

**5 Calf stretch**



Stand and place one foot against the wall.  
Place the other leg behind with your heel on the ground, foot parallel to the front one and knee straight.  
Keep the torso upright and push the hips forward to feel a stretch in the calf.