

Notes :

Undertake exercises little and often as pain allows

1 Toes extension



Sit up straight in a chair with your feet comfortably apart.
Lift your toes up and as high as you can without lifting the ball of your foot.
Relax your toes and repeat.
To progress, repeat with a weight on your toes.

2 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.

3 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.