Home Exercise Program

Created by Barnstaple Alliance Primary Care Network Mar 19th, 2025
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COMMENTS

The aim of the below exercise programme is to progress to three sets of 15 repetitions per exercise.

Remember this is a target to work towards. You do not have to do three sets of 15 repetitions at the start of this programme.
You should work within pain tolerance.

It is normal to experience pain during rehab, but this should be kept to within three to four out of 10 on a pain scale.

If you are working into symptoms, you need to reduce your repetitions, the resistance, the sets, or how long you hold the exercise for.

It is normal to feel pain during rehab. However, it's important to know that this is not harmful.

Bear in mind, if you are exercising into pain, your symptoms are likely to continue.

It is very important to reduce or avoid, where possible, activities that make your symptoms worse. If you're able to do this, you will likely have a quicker recovery.

You can use medication to manage pain as advised by your healthcare professional.

You do not have to use medication to moderate your symptoms. However, if you feel your symptoms are not manageable, then it is something to consider.

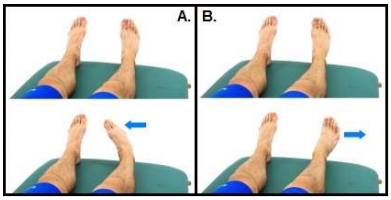


ANKLE PUMPS - AP

Bend your foot up and down at your ankle joint as shown.

Video # XVZVZ4H5L

Repeat	15 Times
Hold	1 Second
Complete	3 Sets
Perform	1 Times a Day



Ankle AROM - Inversion & Eversion

A. AROM Inversion

Lay on your back with your legs elevated. Slowly move your left ankle so that your foot moves towards your body. Stay within a pain-free range. This movement's similar to the side to side motion of windshield wipers on a car.

Return to starting position and repeat.

B. AROM EVERSION

Lay on your back with your feet elevated. Slowly move your left ankle so that your foot moves away from your body. Stay within a pain-free range. This movement's similar to the side to side motion of windshield wipers on a car.

Return to starting position and repeat.

Repeat 15 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Times a Day



STANDING CALF STRETCH - GASTROCNEMIUS

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a straight knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well.

Video # XVYKWFHCX

Hold 30 Seconds
Complete 3 Sets
Perform 1 Times a Day



STANDING CALF STRETCH - SOLEUS

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a bent knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well.

Video # XVRM76KJN

Hold 30 Seconds
Complete 3 Sets
Perform 1 Times a Day



DOUBLE LEG HEEL RAISES WITH SUPPORT - CALF RAISES

While standing next to a chair or countertop for support, raise up on your toes as you lift your heels off the ground. Return your heels to the floor and repeat.

Video # XVSH24L8Z

Repeat	15 Times
Hold	1 Second
Complete	3 Sets
Perform	1 Times a Day



TOES RAISES - DORSIFLEXION - BILATERAL

Sit in a chair with your feet flat on the ground.

Next, raise up both forefeet and toes as shown as you bend at your ankle. Keep your heels on the ground the entire time. If this is difficult, slide your feet forward and try again.

Video # XV2PETPLP

Repeat	15 Times
Hold	1 Second
Complete	3 Sets
Perform	1 Times a Day



TOE WALK

Raise up your heels and walk on your toes.

Take few steps forward and then a few steps backwards.

Video # XVT4N6AAZ

Repeat	15 Times
Hold	1 Second
Complete	3 Sets
Perform	1 Times a Day



HEEL WALK

Raise up your toes and walk on your heels.

Take few steps forward and then a few steps backwards.

Video # XVF96NXAJ

Repeat	15 Times
Hold	1 Second
Complete	3 Sets
Perform	1 Times a Day



Eversion Isometric

Sitting with your involved leg straight, cross your other leg over. Place a towel between your feet. Apply some pressure into the towel with the outside aspect of your feet and hold.

Repeat	15 Times
Hold	15 Seconds
Complete	3 Sets
Perform	1 Times a Day



Inversion Isometric

Place a towel between your feet as shown. Next, apply some pressure into the towel with the front and inner aspect of your feet and hold.

Repeat	15 Times
Hold	15 Seconds
Complete	3 Sets
Perform	1 Times a Day



Standing Static Balance

60 seconds is your target. Initially you might only be able to hold for a few seconds.

Ensure a slightly bent knee
You may notice knee, hip, and ankle trembling to attempt holding balance.

This is normal.

If you are unable to hold the position for more than a few seconds or are struggling to progress how long you can hold the position, touch the wall with one finger tip.

Duration	60 Seconds
Complete	3 Sets
Perform	1 Times a Day