

Exercise plan:  
**Foot pain - MODERATE**

Patient:  
**CHCP WEBSITE EXERCISES**

Date:  
**05th Jun 2024**

Dear Patient,

You may experience some pain initially with your exercises, either during or afterwards. This is not unusual and should not last for a long time. If your pain continues to worsen or becomes more continuous and you feel this is related to the exercises, then please stop them and speak to your Physiotherapist. If it seems to be one exercise in particular, stop that one and speak to your Physiotherapist if required.

There are several ways to progress your exercises independently if you wish, these include: increasing the number of repetitions, increasing the number of sets, increasing how long you hold it for, or increasing the resistance/weight used. The same can be applied to make the exercises easier, by reducing those numbers.



### **Towel Pick-Up**

- 1) Sit and -put a towel on the floor.
- 2) and use your toes to pick up the towel

This exercise will help improve strength and mobility in your toes.

**Sets: 2 | Repetitions: 20 | Days per week: 5 to 7 | Both sides**

Video: <http://youtu.be/ye15Qfdip6k>



### **Calf Heel Raise Sitting**

Sit upright on a chair, with your feet flat on the floor. Slowly raise your legs up onto your toes. Hold, and gradually control the movement back down to the starting position. This is a useful calf pump exercise to improve circulation to your lower legs, as well as improving mobility of the ankle joints.

**Sets: 3 | Repetitions: 15-20 | Days per week: 5-7**

Video: <http://youtu.be/aujGDKa4o8k>



## One Leg Stand Balance Knee Touch

Stand on one leg, and bend your knee up to 90-degrees while your opposite hand touches the outside of your knee. Try to hold this position for 5 seconds and repeat the other side. It's a great strengthening exercise especially to the quadricep (thigh) muscle, but also improves balance.

**Repetitions: 5 | Time: up to 30 second hold | Days per week: 5-7 | Both sides**

Video: [http://youtu.be/g\\_uXMs\\_y0ME](http://youtu.be/g_uXMs_y0ME)