

# Foot Exercises: Return to Impact Exercise *STAGE 1*



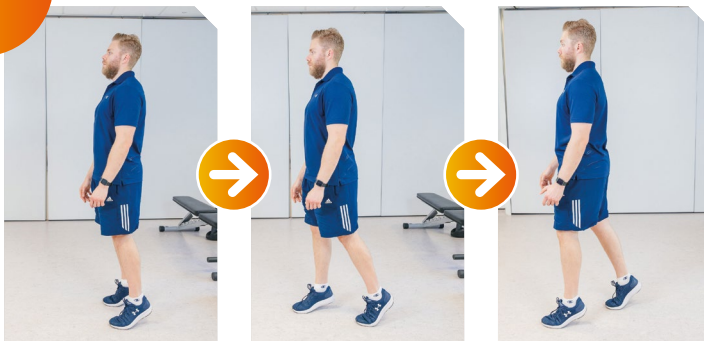
**1 Tip Toe Walking**

**2 Double Leg Hops**

**3 Double Leg Jumps**

It is OK to feel some discomfort whilst completing the following exercises, which is entirely normal to begin with, providing the pain is not significantly worse the following day. We recommend to only exercise up to around 4-5/10 if zero is no pain and 10/10 is severe pain.

## 1 Tip Toe Walking



Standing on tiptoes on both feet, aim to walk on the balls of your feet to exercise the muscles of your calves and feet. Try to keep the weight evenly spread across the inside and outside of the ball of your feet.

Perform to 30-60 seconds at a time.

CONTINUED OVERLEAF

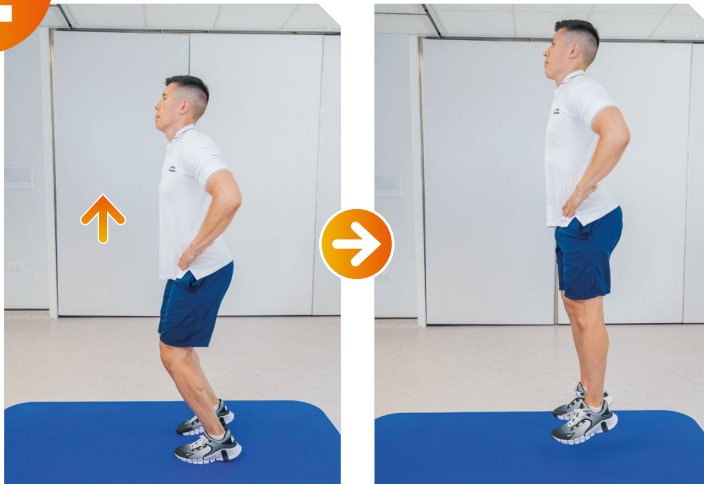


1 Tip Toe Walking

2 Double Leg Hops

3 Double Leg Jumps

## 2 Double Leg Hops



This is like skipping, but without the rope! Jump up and down on the spot, aiming to keep your knees fairly stiff but not completely straight. Most of the movement should come through your ankles and feet. You can perform this on the spot, or you can move backwards/forwards/side to side.

Aim to perform this for anywhere between 10 hops, and 60 seconds at a time, for 2-4 sets.

## 3 Double Leg Jumps



Stand with your hands on your hips. Dip down and jump into the air as high as you feel comfortable and confident to. To make this more intense, try to jump higher, or swing your arms at the same time. Try to land as soft and quietly as you can.

Repeat 5-10 times in one go, for 2-3 sets.