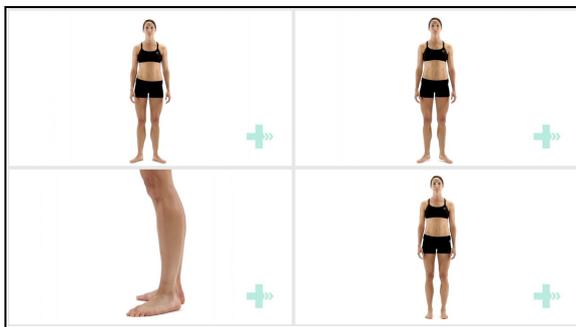


**1. Eccentric calf training loading 1 leg [12010]**

Stand leaning forwards against a wall with your feet as far back from the wall as you can without your heels coming off the ground. You should feel a stretch in your calves. Come up onto your toes on both feet and slowly lower yourself back to the floor with one foot. Alternate between feet as in walking.

*1 rep, 1 set*



**2. Everted calf raises**

Start in a neutral position and turn your feet out. From this position, rise up on your toes. Your heels come off the ground. Steadily return to the starting position.

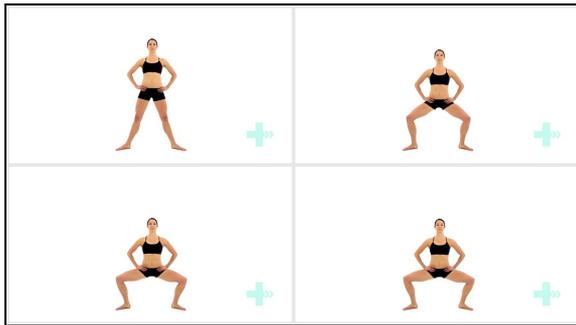
*1 rep, 1 set*



**3. Plantar fascia stretch in standing (wall)**

Stand up straight facing a wall. Place the toes of your affected leg on the wall. Keep your heel on the floor. Keep your knee straight and bring your hips towards the wall. You should feel a stretch down the back of your calf. Hold this position.

*1 rep, 1 set, 1 s hold*



**4. Plie**

Stand with your legs a stride apart and turn your feet outwards. Squat down, bending your knees out over your toes and keeping your back straight. You may want to hold this position. Control the movement back to the start position, fully straightening the knees.

- Feet close together and onto your toes

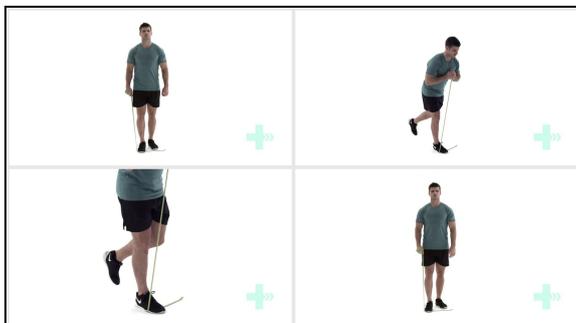
1 rep, 1 set



**5. Plié in heel raise**

Stand up straight with your legs stride width apart. Turn your feet out, and rise up onto your toes. Keeping your balance in this position, bend your knees and lower down into a squat position. Ensure your knees travel outwards over your toes throughout. Control the movement as you rise back up to the starting position and repeat.

1 rep, 1 set



**6. Resisted single leg deadlift**

Stand on one end of a resistance band with your affected leg, the leg should be slightly bent. Hold the other end of the band with two hands near your chest. Lean forward while extending your other leg backwards. Return to the starting position in a slow and controlled movement. Do not turn your knee inwards during this exercise. If this exercise goes well, you can ask someone to provide extra resistance by trying to pull your knee slightly inwards with an extra elastic band.

1 rep, 1 set