

COMMENTS:

PLEASE NOTE: THE FOLLOWING SETS, REPS, DURATION etc ARE ONLY GUIDELINES. EVERY PATIENT IS DIFFERENT WITH DIFFERENT CAPABILITIES. PLEASE MODIFY AS YOU SEE FIT.



WARM UP

Choose a safe and suitable exercise for the patient eg. stationary bike, an elliptical device or treadmill.

Duration 5 Minutes
Complete 1 Set
Perform 1 Time(s) a Day



**SCIATIC, TIBIAL & PERONEAL NERVE
GLIDES**

Start by lying on your back and holding the back of your knee. Next, attempt to straighten your knee. Lastly, hold this position and then bend your ankle forward and back as shown 20 times, and in and out 20 times (inversion/eversion).

Repeat 20 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Time(s) a Day



PRONE QUAD STRETCH

Lie down flat on your stomach. Wrap a strap (belt, towel, dog leash) around the top of one of your feet and pull the strap across your opposite shoulder so that your knee starts to curl up to your body. Pull until a stretch is felt across the front of your thigh.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



SEATED CALF STRETCH - GASTROCNEMIUS

While sitting, use a towel or other strap looped around your foot. Gently pull your ankle back until a stretch is felt along the back of your lower leg. Maintain your target knee straight the entire time.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



TOE ROM STRETCHING

While seated, cross your legs so that the affected leg is on top.

Next, bend your big toe back and forward with your fingers until a stretch is felt. Do the same thing with the other 4 toes.

Repeat 10 Times
Hold 3 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



ANKLE CIRCLES/ABC'S

Circle's - move your ankle's around slowly in a large circle - both directions 5 times. Use only the foot and ankle, NOT the Knee and hip.

Alphabet - trace each letter as if writing with your big toe, do both sides. Go through the alphabet one time.

Repeat 1 Time
Hold 0 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



TOE SPREADING FOR FOOT INTRINSIC STRENGTHENING

- 1) Assume either a standing or sitting position where you are bearing weight on your feet.
- 2) actively try to spread/splay your toes apart.

*this is easier to do if you can actually see your toes.

Repeat 20 Times
Hold 2 Seconds
Complete 3 Sets
Perform 1 Time(s) a Day



TOWEL CURLS - TOWEL SCRUNCHES

While seated, use a towel and draw it back towards you using your toes. Curl your toes inward.

Be sure to keep your heel in contact with the floor the entire time.

Repeat 5 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Time(s) a Day



Calf Raises

While standing behind a chair, go up onto your toes. Get a good squeeze in your calf muscles, and then lower back down to the floor.

Repeat 10 Times
Hold 0 Seconds
Complete 2 Sets
Perform 3 Time(s) a Day



ELASTIC BAND EVERSION - SEATED

Using an elastic band attached to your foot, hook it under your opposite foot and up to your hand.

Next, draw the band outwards to the side.

Be sure to keep your heel in contact with the floor the entire time.

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Time(s) a Day



ELASTIC BAND INVERSION - SEATED

While seated, use an elastic band attached to your foot and draw your foot inward.

Be sure to keep your heel in contact with the floor the entire time.

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Time(s) a Day



ELASTIC BAND DORSIFLEXION - SEATED

While seated, use an elastic band attached to your foot and draw your foot upward.

Be sure to keep your heel in contact with the floor the entire time.

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Time(s) a Day



SIT STAND - BOTH HANDS ASSIST

While seated in a chair, scoot forward towards the edge of the chair. Next, hold on to the arm rest with both hands for support and then raise up to standing.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 1 Time(s) a Day



SINGLE LEG STANCE - FORWARD SLS

Stand on one leg and maintain your balance.

Next, hold your leg out in front of your body.

Then return to original position.

Maintain a slightly bent knee on the stance side.

Repeat 5 Times
Hold 10 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



SINGLE LEG STANCE - LATERAL SLS

Stand on one leg and maintain your balance.

Next, hold your leg out to the side of your body.

Then return to original position.

Maintain a slightly bent knee on the stance side.

Repeat 5 Times
Hold 10 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



SINGLE LEG STANCE - RETRO SLS

Stand on one leg and maintain your balance.

Next, hold your leg out behind your body.

Then return to original position.

Maintain a slightly bent knee on the stance side.

Repeat 5 Times
Hold 10 Seconds
Complete 1 Set
Perform 1 Time(s) a Day