



PLEASE READ BEFORE CONTINUING

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WARNING AND DISCLAIMER

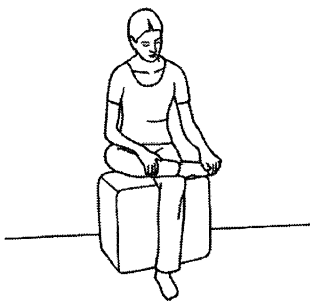
BEFORE you commence any form of exercise or treatment programme you should **FIRST** consult with your General Practitioner (GP) or Physiotherapist.

Any exercise holds an element of risk if undertaken without supervision or if performed incorrectly. If you are unsure how to perform **ANY** of the exercises shown on this site then you **SHOULD** consult with your General

Practitioner (GP) or Physiotherapist **BEFORE** commencing.

If you feel any discomfort or pain during the exercises you should **STOP IMMEDIATELY**.

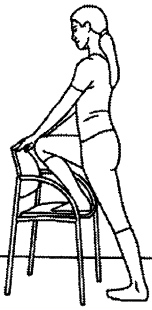
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Sit on a chair. Cross the ankle to be stretched over the other knee.

Place your hand on the top of your foot and stretch your ankle (point toes). Hold approx. 2 secs. Feel the stretch in your shin.

Repeat 10 times.

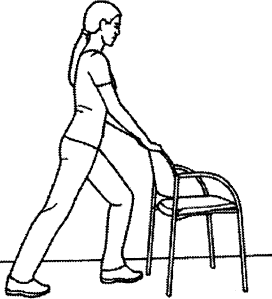


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Stand. Place your foot on a chair. Line your heel up with the front edge of the chair. Hold the back of the chair for balance.

Gradually move your knee towards the back of the chair keeping your whole foot in contact with the chair. Hold 2 secs.

Repeat 10 times.

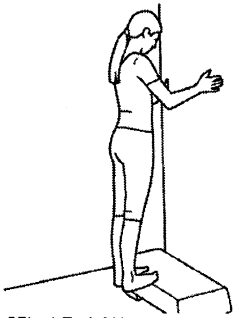


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Stand in a walking position with the leg to be stretched straight behind you and the other leg bent in front of you. Take support from a wall or chair.

Lean your body forwards and down until you feel the stretching in the calf of the straight leg. Hold approx. 2 secs. - relax.

Repeat 10 times.



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Stand on a step with both heels over the edge. Hold on to a support.

Let the weight of your body stretch your heels towards the floor.

Repeat 10 times.

**STOP ALL EXERCISES IF YOUR PAIN BECOMES WORSE AND
SEEK MEDICAL ADVICE**