



Generic Rehab Regime

Rohit Madhav regime in collaboration with Physio Ed Medical Ltd - Belsize Village

Exercise	Instructions
<p>TRIPOD</p>  <p><i>Progressions:</i></p> <p>Tissue</p> 	<p>TRIPOD</p> <ol style="list-style-type: none"> 1. Sit / Stand with barefoot resting on floor 2. Lift gently through inside arch of foot Keep base of toes and heel on floor 3. Relax and repeat <p>*Ensure toes do not curl under *Subtle movement only</p> <p>2min</p> <p><i>Progressions:</i></p> <ol style="list-style-type: none"> 4. Tissue- Place tissue under arch and toes (not under heel) Attempt to scrunch tissue by lifting through inside arch and curling through toes <p>1min</p>

Pen



5. **Pen**- Place pen under toes
Attempt to pick up pen with toes and
lifting through inside arch

1min

6. **Marbles**- (not pictured) attempt to pick
up marbles with toes

1min

SEATED CALF RAISES



Progression: (see next page)

SEATED CALF RAISES

1. Sit with feet and knees hip width apart,
toes pointing forwards
2. Rest weight on both knees
Suggested to start light (i.e. 5kg)
3. Lift through both heels, as high as able
4. Control lowering down of heels

*Ensure even weight through both feet

*Maintain tall sitting posture

*Do not let ankles fall out to the sides (push
through big toes)

Progression: (see next page)

SEATED CALF RAISES

Single leg



5. **Single leg**- straighten one leg and rest weight on bent leg. Repeat.
6. **Increase weights** under guidance of therapist.

3x 10

Standing calf raise

STRAIGHT LEG



Standing calf raise

STRAIGHT LEG

1. Stand tall with feet hip width apart, knees straight
2. Slowly lift both heels evenly as high as able to comfortably
3. Control lowering of heels back down to floor
(3 sec to lift heels, 1 sec to lower)

*Even weight between both legs

*Ensure ankles do not fall out to sides

Progression: Add weight - begin at 5kg, build gradually under guidance of your therapist

Variation: sustained holds 5x 45sec

3x 10

BENT LEG



BENT LEG

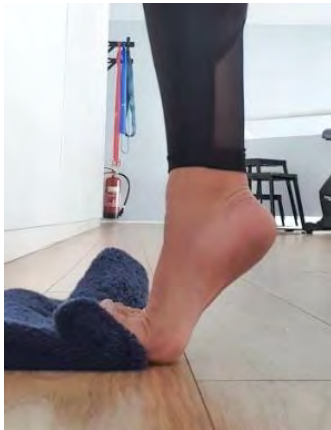
Repeat as above with slight bend in leg

*Degree of bend in knee does not change as your heel rises

Progression and Variation: as above

3x 10

PLANTAR FASCIA



PLANTAR FASCIA

1. Start with bare feet, rolled towel under just the toes
2. Lift through inside arch and heel as high as comfortably able
3. Control lowering down

*Ensure ankle does not fall out to side
*Toes pointing forwards

3x 10

WALL SIT CALF RAISES



WALL SIT CALF RAISES

1. Perform wall sit: hips same height as knees if possible, back flat against wall, feet hip width and toes pointing forwards
2. Add weight (i.e. 5kg)
3. Lift both heels up evenly
4. Lower heels with control

*Even weight through both feet
*Continue to push hips back into wall throughout exercise

3x 10

Progression: increase weight under guidance

Variation: sustain weighted heel lift 5x 45sec

LUNGE CALF RAISES + WEIGHT



LUNGE CALF RAISES + WEIGHT

1. Hold weight (i.e. 5kg)
2. Stand in lunge position: feet hip width, back heel up, even weight through both feet, tuck tailbone under / flat lower back
3. Rest weight on front knee
4. Raise front heel and lower with control

- *Ensure ankle does not fall outwards
- *Try to keep knee as steady as possible
- *Remain tall through trunk

Progression: increase weight

3x 10

Stretch

PLANTAR FASCIA



PLANTAR FASCIA

1. Block toes against bannister, so toes are pointing up
2. Bend knee to meet bannister

Stretch: through base of foot

Progression: for more of a stretch, you may turn the knee in/outside of the bannister, or use a step to block your toes and allow your knee to come further forwards

Variation: you may use a wall instead of a bannister if this is not available

Hold 30 sec, repeat 2-3x

BENT LEG (SOLEUS)



BENT LEG (SOLEUS)

1. Block foot against bannister, so foot is pointing upwards
2. Bend the **knee** towards the bannister (Hold onto the bannister for support)

Stretch: bottom of calf

Hold 30 sec, repeat 2-3x

STRAIGHT LEG (GASTROC)



STRAIGHT LEG (GASTROC)

1. Block foot against bannister, so foot is pointing upwards
2. Lean the **hip** towards the bannister
(Hold onto the bannister for support)

Stretch: top of calf / bulk of calf muscle

Hold 30 sec, repeat 2-3x

<https://youtu.be/ASEUBn0Ufv0>

