



Notes :

1 Strengthening calf



Sets: 2 Reps: 10

Stand with both feet on the floor or on a small step next to a chair or table. Come onto your toes of both feet without bending your knee. Lift one foot off of the floor and slowly lower back down to the floor on one leg (injured leg).

2 Eccentric calf raise (2 up, 1 down)



Sets: 2 Reps: 10 Hold: 10

Stand on two feet on the floor or a small step next to a chair or table. Raise yourself onto your toes of both feet without bending your knees. Lift one foot off of the floor and slowly drop back down to the floor on your injured leg. Stretch your calf by lowering your heel as far down as possible and hold the position between each lift.

3 Single leg heel raise



Sets: 2 Reps: 10

Stand on one foot on the floor next to a chair or table for balance. Raise the heel to go onto your toes without bending your knee. Lower to the starting position and repeat.

4 Plantar flexion 1 foot



Sets: 2 Reps: 10 Hold: 10

Stand on your injured foot on the floor or a small step next to a chair or table. Raise yourself onto your toes of your injured foot without bending your knee. Slowly drop back down and stretch your calf by lowering your heel as far down as possible and hold the position between each lift and repeat.

5 4 points hops



Sets: 2 Reps: 10

Place 4 markers on the floor so they create a zigzag. Hop to the first one and land on one foot. Absorb the forces by bending the knee and keeping it stable. Then hop to the next to land on the other leg and continue this way for all 4 points and turn around.



6 4 points hops



Sets: 2 Reps: 10

Place 4 markers on the floor so they create a zigzag. Hop to the first one by crossing your legs and landing on the opposite foot. Absorb the forces by bending the knee and keeping it stable. Then hop to the next by crossing again to land on the other leg and continue this way for all 4 points and turn around.

7 Fast feet (front)



Sets: 2 Reps: 10

Stand in front of a step. Start with one foot on the step and the other on the floor. Alternate both feet as quickly as possible in a safe and controlled manner and keep a good alignment of your knee cap with the second toe.

8 Fast feet (side to side)



Sets: 2 Reps: 10

Stand on the side of a step with one foot on the step and the other on the floor. Switch feet by bringing your foot from the floor to the step while the other comes down on the opposite side. Repeat quickly in a safe and controlled manner with proper alignment of your knee cap with your second toe.

9 Hops



Sets: 2 Reps: 10

Stand in one place and do small hops with different heights (a few hops at 30%, hops at 50%, and hops at 70% of their maximum).

10 Proprioception unilateral



Reps: 5 Hold: 15

Stand on a mattress with your feet comfortably apart. Lift one foot and balance yourself on the other leg. Get back on two feet and repeat.



11 Proprioception SLS, eyes shut



Reps: 5 Hold: 15

Stand in front of a counter or wall if needed to maintain balance.
Lift one leg off the ground so as to stand on the affected leg without losing your balance.
When in balance, close your eyes.
Use the counter if needed.

12 Proprioception clock



Reps: 5 Hold: 15

Tie an elastic to the healthy ankle and step on the other end.
Stand on one leg (injured leg) with your knee straight.
Have the opposite leg move forwards, then sideways and backwards (clock) pulling on the elastic and trying to keep your balance on the stance leg.
Increase the difficulty by slightly bending the stance leg.

13 Single leg jumps



Sets: 2 Reps: 10

Trace a line on the floor.
Stand on one foot and jump forward on the line, controlling the knee and ankle at each jump (knee cap aligned with second toe and avoid any lateral movement of the knee).

14 Single leg jumps



Sets: 2 Reps: 10

Trace a line on the floor.
Stand on one foot and jump on each side of the line, controlling the knee and ankle at each jump (knee cap aligned with second toe and avoid any lateral movement of the knee).

15 Single leg jumps

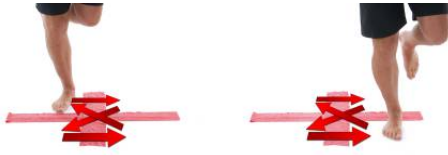


Sets: 2 Reps: 10

Trace a line on the floor.
Stand on one foot and jump front to back over the line, controlling the knee and ankle at each jump (knee cap aligned with second toe and avoid any lateral movement of the knee).



16 Single leg jumps



Sets: 2 Reps: 10

Trace a cross on the floor.
Stand on one foot and jump criss-cross to each corner over the cross, controlling the knee and ankle at each jump (knee cap aligned with second toe and avoid any lateral movement of the knee).

17 Jogging on spot



Jog on the spot.
To progress, jog faster on the spot.

18 Single leg jumps



Sets: 2 Reps: 10

Trace a cross on the floor.
Stand on one foot and jump to each corner over the cross, controlling the knee and ankle at each jump (knee cap aligned with second toe and avoid any lateral movement of the knee.)

19 Single leg jumps



Sets: 2 Reps: 10

Trace a triangle on the floor.
Stand on one foot and jump to each corner over the triangle, controlling the knee and ankle at each jump (knee cap aligned with second toe and avoid any lateral movement of the knee).

20 Walking in eversion



Sets: 2 Reps: 10 Hold: 10

Take small steps with your weight on the inside of your foot by lifting the outside of your foot off the ground.
Avoid turning the knees towards the inside.



21 Walking in inversion



Sets: 2 Reps: 10 Hold: 10

Take small steps with your weight on the outside of your foot by lifting the inside of your foot off the ground.
Avoid turning the knees towards the outside.

22 Jogging on trampoline



Reps: 5 Hold: 15

Stand on a trampoline and run on the spot while keeping your balance.
Hold a stable object if needed.

23 1 foot jumps, trampoline



Reps: 5 Hold: 15

Stand on one foot on a trampoline.
Jump on one foot as high as you can while keeping your balance.
Hold a stable object if needed.

24 2 feet jumps, trampoline



Reps: 5 Hold: 15

Stand on a trampoline and jump on both legs as high as you can while keeping your balance.
Hold a stable object if needed.