

Foot Exercises: Return to Impact Exercise *STAGE 2*



1 Single Leg Hops

2 Drop Landing

3 Double Leg Forward Jump

It is OK to feel some discomfort whilst completing the following exercises, which is entirely normal to begin with, providing the pain is not significantly worse the following day. We recommend to only exercise up to around 4-5/10 if zero is no pain and 10/10 is severe pain.

1 Single Leg Hops



On one leg at a time, jump up and down on the spot, trying to keep the landing soft and quiet. You can perform this on the spot, or you can move backwards/ forwards/side to side.

Aim to perform this for anywhere between 10 hops, and 60 seconds at a time, for 2-4 sets.

CONTINUED OVERLEAF

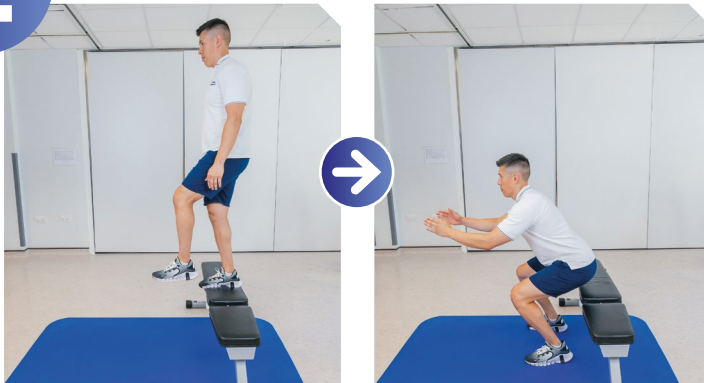


1 Single Leg Hops

2 Drop Landing

3 Double Leg Forward Jump

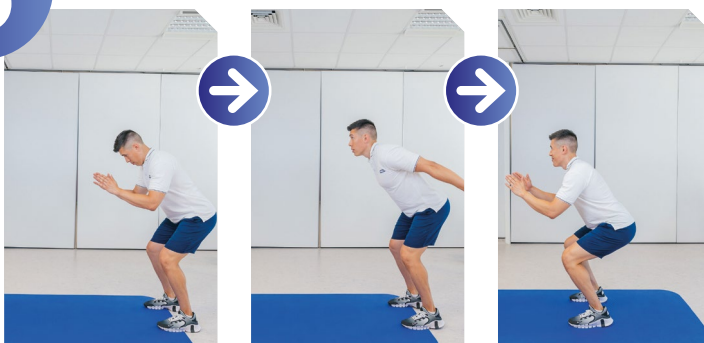
2 Drop Landing



Standing on an elevated surface, step off and land in a semi-squat position as softly and quietly as possible. You should not drop into a full squat, nor should you land very stiffly.

Aim to perform this 3-5 times, for up to 4 sets.
To make this more intense, perform a double leg jump after landing as detailed in Stage 1.

3 Double Leg Forward Jump



Using both legs, jump forwards for between 3 and 5 times. The further you jump, the fewer jumps you should perform. These can either be immediately one after another, or you can perform them with a brief pause between each repetition.

Aim to perform for 2-4 sets.
To make this more intense, you can perform this on the affected leg only, as a progression of the single leg hop exercise shown above.