



STRENGTHENING (LOWER LEG)

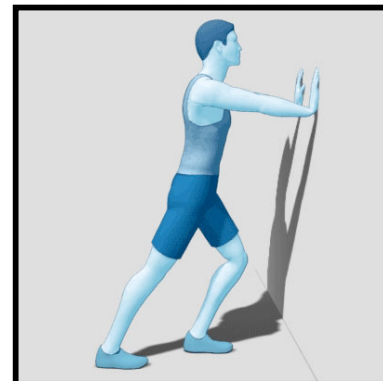
Start with:

Warm up

- 🏃 Biking (Very little resistance ~ 90 RPM), swimming, walking ...
- 🏃 10 minutes or more (until you start to sweat)

Stretching

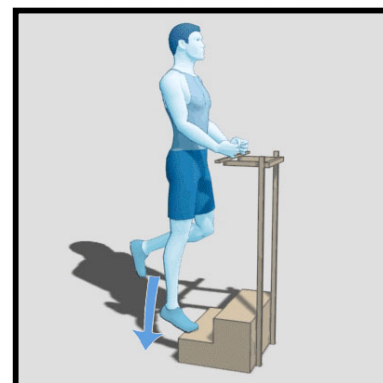
- 🏃 1x30 sec, 2x30 sec, 3x30 sec



Strengthening

- 🏃 **Descend ON the affected leg** (Forefoot on an elevation)

- Vary the position of your knee (extended, flexed 15°, flexed 30°)
- Descend slightly lower than horizontal
- Arch supported, keeping the foot straight



- 🏃 **Total Repetitions: 3 sets of 20 to 40 reps, 2x/day**

- 🏃 **Pain:** Permitted during the exercise but not afterwards

Progression (according to symptoms and capacity)

- 🏃 ↑ the **Range** of movement
- 🏃 ↑ the **load** (backpack or dumbbells)
- 🏃 ↑ the **speed** (breaking just before the end of the range)
- 🏃 Horizontal jumps on two legs... Jumps on one leg (further and further)
- 🏃 Vertical jumps on two legs... Jumps on one leg (higher and higher)