



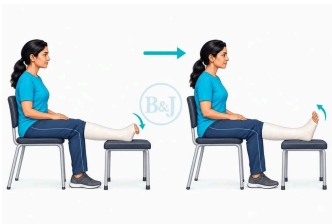
Count the weeks from the day of your injury. The date is on your prescription.

If your doctor wrote a different plan on your prescription, follow that instead of this page.

Weeks 0–2

Keep the foot raised above the level of the hip most of the day. The plaster or boot holds the toes pointing down, so the torn ends of the tendon lie together and heal: keep it on day and night, and dry. If we prescribed blood-thinning injections or tablets, take every dose.

Weight bearing As written on your prescription, with crutches. Never stand on the foot without the plaster or boot.

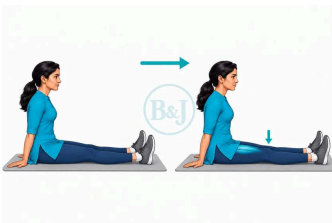


Toe wiggles

Curl the toes down, then spread them and pull them up, as far as the plaster allows.

10 times

Every hour while awake



Quad sets

Sit with the leg straight. Press the back of the knee down and tighten the thigh.

Hold 5 seconds

10 times

3 times a day

✓ Should feel

The thigh muscle tightening

✗ Should not feel

Knee pain



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sheet 99

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Virar East 92702 84859 · 5.30–7.30 pm

Monday to Saturday · Closed on Sunday. Urgent injury such as a
fracture or dislocation? Please call first.



Straight leg raise

Lie down, one knee bent. Keep the other knee straight and lift the leg 20 cm.

10 times

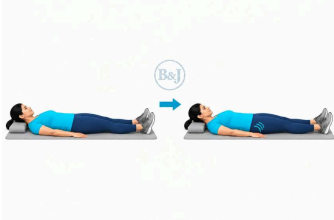
3 times a day

✓ **Should feel**

The thigh working

✗ **Should not feel**

The knee bending or back pain



Buttock squeeze

Lie on your back with the legs straight. Squeeze the buttocks together, hold, then relax.

Hold 5 seconds

10 times

3 times a day

✓ **Should feel**

The buttocks tightening

✗ **Should not feel**

Back pain

Not yet Taking the plaster or boot off, pulling the foot up to stretch the calf, walking barefoot, getting the plaster wet, or driving.

Move to the next stage only after we have seen you, and the X-ray if one was planned.



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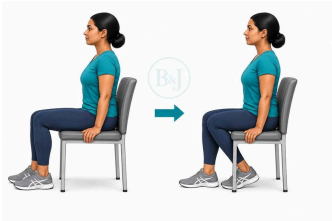
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Weeks 2–8

In the boot with heel wedges. We take the wedges out one by one at your visits, so the foot comes slowly to level. Keep the boot on day and night. Take it off only to wash, sitting with the foot pointing down, and never pull the foot up.

Weight bearing As written on your prescription, usually building up to full weight in the boot.



Sitting knee bend

Sit on a firm chair. Slide the foot back under the chair to bend the knee, hold, then bring it forward.

10 times

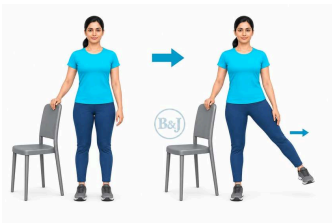
3 times a day

✓ **Should feel**

A stretch as the knee bends

✗ **Should not feel**

Sharp pain



Standing hip abduction

Hold a chair. Lift the leg out to the side, keeping the body upright.

10 times

Daily

✓ **Should feel**

The side of the hip working

✗ **Should not feel**

Leaning over



Standing hip extension

Hold a chair. Take the leg backwards, keeping it straight.

10 times

Daily

✓ **Should feel**

The buttock working

✗ **Should not feel**

Arching the back

Not yet Walking without the boot, stretching the calf, or standing on tiptoe.

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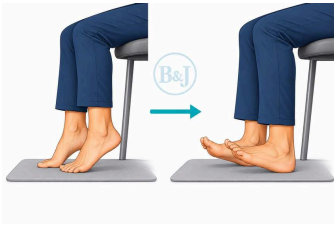
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Weeks 8–12

Out of the boot into a shoe, with a small heel raise inside if we advise. Walk normally and start building calf strength gently. Carry on with the earlier exercises.

Weight bearing Full, in a shoe.



Sitting heel and toe raises

Sit with both feet flat on the floor. Lift the heels, lower them, then lift the toes.

10 times

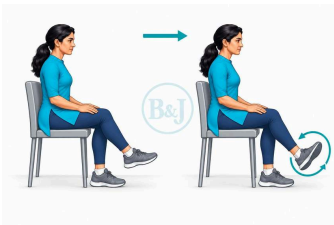
3 times a day

✓ **Should feel**

The calf and the front of the shin working

✗ **Should not feel**

Sharp pain



Ankle circles

Move the ankle slowly in circles both ways.

10 each way

3 times a day

✓ **Should feel**

The ankle loosening

✗ **Should not feel**

Sharp pain



Calf raises

Rise onto both toes and lower under control.

15 times

Daily

✓ **Should feel**

The calf working

✗ **Should not feel**

Sharp pain



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Single-leg balance

Stand on one leg beside a worktop.

30 seconds

3 times a day

✓ **Should feel**

Working to stay steady

✗ **Should not feel**

Losing balance — hold on

Not yet Running, jumping, stretching the calf, letting the heel drop below a step, or climbing stairs two at a time.

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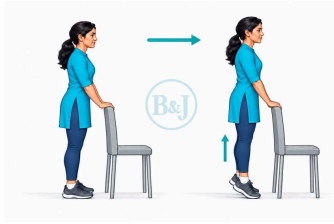
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Month 3 onwards

Build calf strength step by step: heel raises on both feet, then on the injured foot alone. Jogging usually starts at about 4–6 months if we agree, and sport at about 6–9 months.

Weight bearing Full.



Calf raises

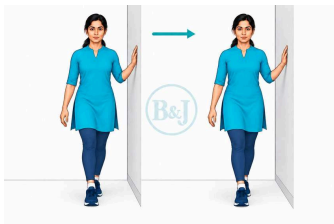
Rise on both toes, progress to one.

15 times

Daily

✓ **Should feel**
The calf working

✗ **Should not feel**
Ankle pain



Heel-to-toe walking

Walk heel to toe along a line, beside a support.

10 steps

Daily

✓ **Should feel**
Steadier walking

✗ **Should not feel**
Wobbling — use the wall



Static cycling

Set the seat high, so the knee is almost straight at the bottom. Pedal gently with little resistance.

10 minutes

Daily

✓ **Should feel**
The knee moving freely

✗ **Should not feel**
Pain in the knee or hip

Not yet Heel drops below a step or calf stretching, until we tell you to start. Jumping or sudden-start sport, such as cricket, football or badminton, until we clear you.

Looking after the plaster

- A plaster takes up to 2 days to harden fully. Until then, rest it on a pillow and do not press, knock or walk on it.
- Keep it dry. For a bath, cover it with two plastic bags taped at the top, and still keep it out of the water.
- Never push anything inside to scratch, and do not pull out the padding or trim the edges.
- No oil, powder or cream under the plaster. For itching, blow cool air inside with a fan or a hair dryer on the cold setting.
- Do not cut or remove the plaster yourself. We remove it in the clinic.



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Preventing a clot in the leg

- A leg in plaster can develop a blood clot. Moving the toes, knee and hip often, and drinking enough water, help prevent it.
- If we have prescribed injections or tablets to thin the blood, take every dose until we tell you to stop.
- Tell us if you or a close relative has had a clot before, if you take hormone tablets, or if you might be pregnant.

Stop and telephone us if

- A sudden snap at the back of the heel, or you can no longer push up on your toes: the tendon may have torn again — come the same day
- Sudden breathlessness or chest pain — go to the nearest hospital
- Pain that keeps getting worse despite the painkillers, or is much worse when you move the toes — go to the nearest hospital
- The calf becomes swollen, tight or painful — come the same day
- The foot becomes numb, cold, pale or blue — go to the nearest hospital
- The plaster or boot feels too tight — come back at once, do not wait until the next day
- Rubbing or burning in one spot, or a sore or blister under the plaster or boot, especially at the heel — come the same day
- Redness, heat or fever
- The plaster is cracked, soft, wet or loose, or there is a bad smell or discharge from under it — come the same day



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