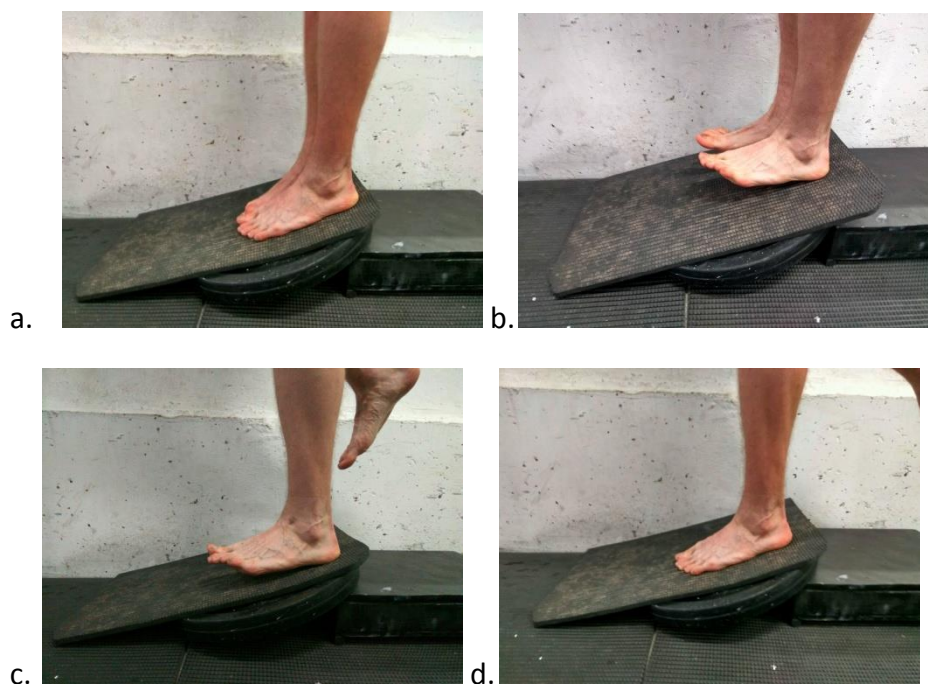




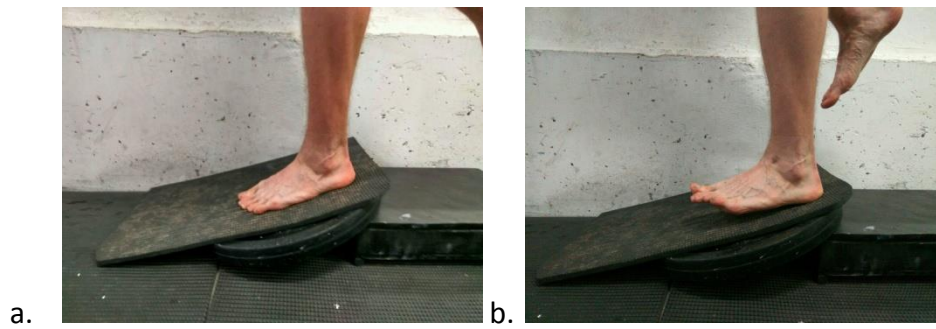
Exercise package for rehabilitation of extensor hallucis longus and extensor digitorum longus tendinopathy

Set up: Place a tilt board next to a wall or something firm that will provide you support. Make sure that the tilt board is secured and has a firm base of support. Stand on the tilt board with your ankles facing the higher side, toes pointing downwards as shown in (Figure a.)



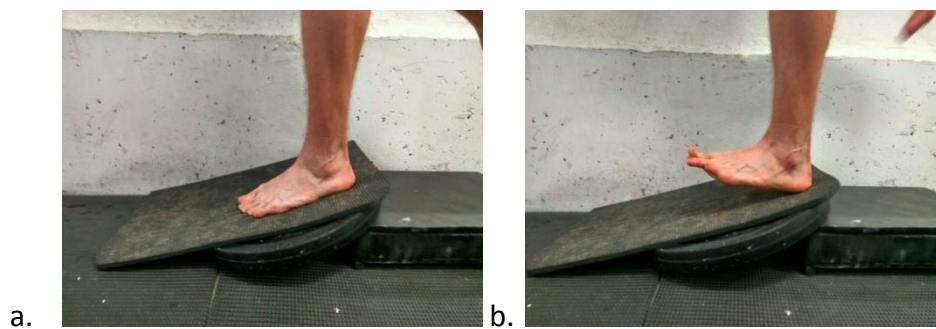
Step 1:

Roll onto the heel with both legs by lifting the toes up. (Figure b.) Lower toes with exercise leg only while elevating the other leg (or only toes) from the tilt board. (Figure c and d) Repeat 15 repetitions for 3 sets with short breaks in between sets.



Step 2:

Elevate the non-exercise leg and stay standing only on the exercise leg. (Figure a.) Roll onto the heel and elevate the toes up to parallel with the exercise leg. (Figure b.) Slowly lower toes with exercise leg against the tilt board. Repeat 15 repetitions for 3 sets with short breaks in between sets.



Step 3:

Elevate the non-exercise leg and stay standing only on the exercise leg. (Figure a.) Roll onto the heel and elevate the toes as high as possible, keep the position for 3 seconds and then slowly lower toes with exercise leg down until it is against the tilt board. (Figure b.) Repeat 15 repetitions for 3 sets with short breaks in between sets.

Notice

Take the pain into account, slight pain is allowed to occur when performing the exercises. Stop immediately if the pain is disabling. When the exercise causes little or no pain the resistance can be added by moving on to the next step.

Based on evidence the high-force eccentric exercises should be performed for 6 to 12 weeks for the return of muscle mass, strength and muscle spring adaptation.