

Online only Figure 1 – Example of exercises for (a) passive stretching of flexors and extensors of toes and hallux and (b) strengthening of ankle invertors, eversors and flexors.

1.a



1.b



Online only Figure 22 – Examples of exercises for (a) balance training in unstable surface and (b) stretching of triceps surae.

2.a



2.b



Online only Figure 3 – Example of exercises for (a) strengthening of tibialis anterior and triceps surae and (b) strengthening of intrinsic foot muscles using different materials.

