



ANKLE CIRCLES

Move your ankle in a circular clockwise pattern for several repetitions and then repeat in the reverse counterclockwise direction.

Repeat 15 Times
Complete 1 Set

Hold 1 Second
Perform 1 Time a Day



CALF STRETCH WITH TOWEL - GASTROCNEMIUS

While in a seated position, place a towel around the ball of your foot and pull your ankle back until a stretch is felt on your calf area.

Keep your knee in a straightened position during the stretch.

Repeat 5 Times
Complete 1 Set

Hold 10 Seconds
Perform 1 Time a Day



HEEL RAISE - CALF RAISE - BILATERAL

While seated in a chair, place your feet on the floor.

Next, press down with your forefoot and toes to raise your heels up off the floor. Lower your heels back down and repeat.

Keep your toes on the ground the entire time.

Repeat 15 Times
Complete 1 Set

Hold 1 Second
Perform 1 Time a Day



TOES RAISES - DORSIFLEXION - BILATERAL

Sit in a chair with your feet flat on the ground.

Next, raise up both forefeet and toes as shown as you bend at your ankle. Keep your heels on the ground the entire time. If this is difficult, slide your feet forward and try again.

Repeat 15 Times
Complete 1 Set

Hold 1 Second
Perform 1 Time a Day



SEATED HEEL SLIDES WITH TOWEL

While in a seated position place your foot on top of a small towel. Then, slowly slide your foot closer towards you.

Hold a gentle stretch and then return foot forward to original position.

Repeat 15 Times
Complete 1 Set

Hold 1 Second
Perform 1 Time a Day



CALF STRETCH TOWEL

Place a folded up towel on the floor and step on it with the front part the target foot. Maintain your heel on the floor.

Step forward with your other foot keeping your toes of both feet pointed forward until a gentle stretch is felt along the back of the target leg. Keep the target knee straight during the stretch.

Control the intensity of the stretch by bending your front most knee and or adjust the size of your step forward.

Repeat 5 Times
Complete 1 Set

Hold 10 Seconds
Perform 1 Time a Day