



### Calf Stretch with Towel

While in a seated position, hook a towel under 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 1 Time

Complete 1 Set

Hold 1 Minute

Perform 1 Times a Day



### Ankle Mobilization on Wall

Stand at wall- heels on floor, butt against wall.

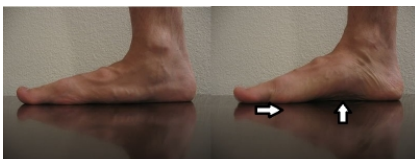
Bend knees- keeping them wide. Go as low as able without heels coming up.

Repeat 10 Times

Complete 2 Sets

Hold 3 Seconds

Perform 4 Times a Week



### Arch Raise

Step 1: Sit in a chair with both feet placed flat on the floor

Step 2: Raise the arch of your foot by sliding your big toe toward your heel without curling your toes or lifting your heel

Step 3: Hold the position for 6 seconds then relax and repeat for the recommended number of set and repetitions. Variations can be performed by moving the feet farther away from you or turning the foot inward or outward to challenge the muscles from different positions.

Step 4: Once you feel comfortable performing the short foot movement you can gradually progress to performing the exercise while standing and then eventually from a single-leg standing position.

Repeat 10 Times

Complete 3 Sets

Hold 6 Seconds

Perform 1 Times a Day



### Toe Series - Toe Yoga

Sit with knee stacked above ankle. Maintain the ball of the foot and heel on the floor the entire exercise.

- 1) Lift the big toe, keeping the little toes planted on the floor.
- 2) Lift the little toes, keeping the big toe planted on the floor.

Repeat 10 Times

Complete 2 Sets

Perform 1 Times a Day



### Plantarflexion

Sitting with leg straight, place theraband loop around your involved foot. While holding the other end of the band point your foot down against resistance.

Repeat 10 Times

Complete 3 Sets

Perform 4 Times a Week



### Dorsiflexion

Sitting with leg straight, place theraband loop around your involved foot. Wrap the band around a support or fixate the other end in a door. Pull your foot up against resistance.

Repeat 10 Times

Complete 3 Sets

Perform 4 Times a Week



### Inversion

Sitting with your involved leg straight, cross your other leg over. Place theraband loop around your involved foot. Wrap the band around your other foot. Turn your involved foot out away from the other foot against resistance.

Repeat 10 Times

Complete 3 Sets

Perform 4 Times a Week



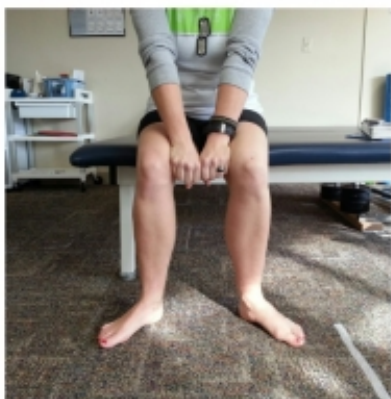
### Eversion

Sitting with leg straight, place theraband loop around your involved foot. Wrap the band around your uninvolved foot. Turn your involved foot out away from the other foot against resistance.

Repeat 10 Times

Complete 3 Sets

Perform 4 Times a Week



### Posterior tibialis "windshield wipers"

Sit with feet flat on floor. Place hands between knees to prevent hip movement (see top image).

Begin movement by pulling feet inward toward each other by sliding them on the floor. You should feel the arch of your foot raise without letting the ball of your foot lift off the floor and keep toes relaxed.

Begin this exercise with foot on slippery surface such as hardwood or tile floor with a towel under forefoot. Progress to a friction surface then to band resisted movement.



Repeat 30 Times

Hold 2 Seconds

Complete 3 Sets

Perform 4 Times a Week



### Plantarflexion Bridge

This exercise is designed to help strengthen the muscles of the lower leg.

Lay on your back with both legs bent and both feet flat on the ground. Raise your heels up from the ground, keeping your toes on the floor. Then return both heels to the ground. Bridge up during activity if able. Repeat this exercise a total of ten times for one set. Complete 2-3 sets, taking a break between each.

Repeat 10 Times

Hold 3 Seconds

Complete 3 Sets

Perform 4 Times a Week



### Standing Heel Raises

While standing, raise up on your toes as you lift your heels off the ground. □

Progress this exercise by only using one foot.

Repeat 15 Times

Complete 3 Sets

Perform 4 Times a Week



### Single Leg Stance - SLS

Stand only on your left leg and maintain your balance.

Repeat 3 Times

Complete 1 Set

Hold 30 Seconds

Perform 4 Times a Week



### Sidesteps with Theraband

Stand with knees slightly bent, theraband around your ankles. Take a sidestep to the Left with your Left leg, then follow with your Right Leg, maintaining a stretch on the band the entire time. Continue 10 steps one way. Repeat the other way (to the Right).

\*Go slow

\*Maintain Stretch on Band

\*Keep Knees Slightly Bent

\*Make Sure you are BREATHING

Repeat 10 Times

Complete 10 Sets

Perform 4 Times a Week



### Single Leg Deadlift

Stand and balance on one leg.

Next, lean forward towards touching the floor as you extend and lift your leg behind your body. Keep your spine straight and hinge at the hip.

Return to starting original position and repeat.

Repeat 12 Times

Complete 3 Sets

Perform 4 Times a Week

