

A woman with blonde hair in a ponytail, wearing a black tank top and black leggings, is shown in profile from the side. She is standing on a grey carpeted floor, leaning her right foot against the back of a dark wooden chair to stretch her calf. Her left foot is flat on the floor. The background is a plain, light-colored wall. The entire image is framed by a white border.

THE

ANKLE & FOOT

STRETCH &

EXERCISE

PATIENT HANDBOOK

THE ANKLE & FOOT STRETCH & EXERCISE PATIENT HANDBOOK

The exercises in this booklet are to be performed with appropriate instruction and monitoring from a qualified health professional. This guidebook is meant to help in performing home exercises but is not meant to replace the necessary instruction needed to ensure these exercises are being performed properly. Some of these exercises may not be appropriate depending on your specific ankle or foot condition. If pain or discomfort should arise from performing any of these exercises, discontinue and consult a health care professional.

The home exercise program that has been recommended for you is a very important part of your care. Proper application of home exercises can make a considerable difference in restoring and maintaining the health of your ankle and foot. Make sure you find the time to perform the exercises that have been provided for you.

Perform the stretches that have been marked with at check

STRETCHES

- Ankle Circles
- Calf Stretch
- Shin Stretch
- Lateral Ankle Stretch
- Medial Ankle Stretch
- Plantar Fascia Stretch
- Sole Rolls

Stretching should be done with slow and smooth motions.
Stretching should not be painful.

It is recommended that you warm your muscles up with light exercise before beginning your stretches.



ANKLE CIRCLES

Sit on a chair and rotate your ankle in a circle.
Repeat in the opposite direction.

X/day _____ Reps _____



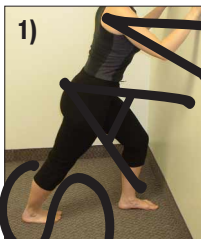
Caution: If these exercises cause discomfort, discontinue and consult a health professional.



CALF STRETCH

Stand facing a wall with one foot in front of the other and both feet pointing forward. Keeping both heels on the ground and your back leg straight, lean forward until you feel a tight stretch in the calf of your back leg. Hold for 15 sec then relax (position 1). Continue by bending the back leg and lightly stretching the leg further (position 2).

X/day _____ Reps _____

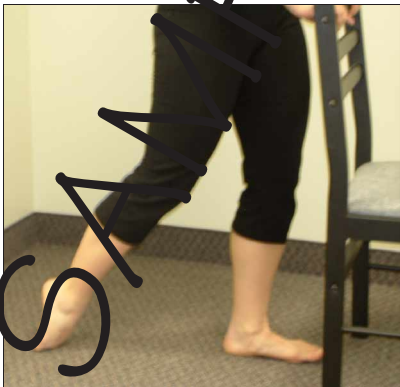


Caution: If these exercises cause discomfort, discontinue and consult a health professional.

SHIN STRETCH

Stand with your hands on the back of a chair for support. Step your right foot back and put the top of your foot on the ground. Press down lightly until you feel a light stretch into the front of your foot and shin. Hold for 15 sec. and then relax.

X day _____ reps _____



Caution: If these exercises cause discomfort, discontinue and consult a health professional.



LATERAL ANKLE STRETCH

Stand with your hands on the back of a chair for support. Step your right foot back and put the lateral part of your foot on the ground. Press down lightly until you feel a light stretch into your lateral ankle and foot. Hold for 15 sec and then relax.

X day _____ Reps _____



Caution: If these exercises cause discomfort, discontinue and consult a health professional.

MEDIAL ANKLE STRETCH

Stand with your hands on the back of a chair for support. Step your right foot back and put the medial part of your foot on the ground. Press down lightly until you feel a light stretch into your medial ankle and foot. Hold for 15 sec. and then relax.

_____/day _____ Reps _____

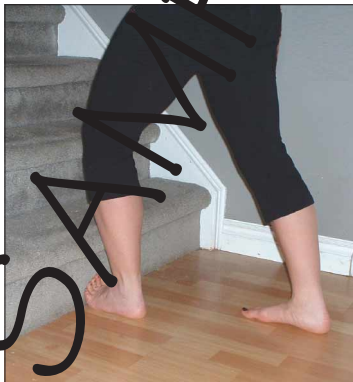


Caution: If these exercises cause discomfort, discontinue and consult a health professional.

□ PLANTAR FASCIA STRETCH

Standing next to a stair use the first step to lightly stretch your toes up. Keeping your ankle on the ground gently bring your knee forward. Hold for 15 sec. and then relax.

X/day _____ Reps _____



Caution: If these exercises cause discomfort, discontinue and consult a health professional.

SOLE ROLLS

Sitting on a chair place the sole of your foot on a broom handle. Slowly role your foot back and forth over the handle.

X/day _____ Reps _____



Caution: If these exercises cause discomfort, discontinue and consult a health professional.

Perform the strengthening exercises that have been marked by a check

Strengthening Exercises

- Calf Raises
- Toe to Shin
- Eversion
- Inversion
- Towel Grabbing
- Toe Grip and Spread



CALF RAISES

Stand with your feet shoulder width apart. Slowly raise up onto your toes and hold. Slowly lower your feet back down to the ground. To increase difficulty, perform the exercise one leg at a time.

X/day _____ Reps _____



Caution: If these exercises cause discomfort, discontinue and consult a health professional.



TOE TO SHIN

Sitting on a chair, place your right foot on top of your left. Keeping your left heel on the ground, try to pull your left toes up to touch your shin. Use your right foot to resist. Hold for 5 seconds and then relax. Repeat. Atlay _____ Reps _____



Caution: If these exercises cause discomfort, discontinue and consult a health professional.



EVERSION

Standing next to a wall, push the outside of your foot into the wall. Hold for 6 sec and then relax.

X/day _____ Reps _____



Caution: If these exercises cause discomfort, discontinue and consult a health professional.



INVERSION

Standing next to a wall, push the inside of your foot into the wall. Hold for 5 sec and then relax.

X/day _____ times _____



Caution: If these exercises cause discomfort, discontinue and consult a health professional.



TOWEL GRABBING

Stand with your foot on a towel. Without moving your heel, use your toes to grip the towel and drag it towards you. Relax your grip and repeat.

X/day _____ Reps _____

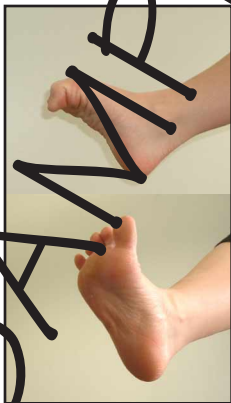


Caution: If these exercises cause discomfort, discontinue and consult a health professional.

TOE GRIP AND SPREAD

Sitting on a chair, crunch your toes together as though you are making a fist with your foot. Hold for 5 sec. and then slowly spread your toes apart as far as you can. Hold for 5 sec. and then relax.

X/day _____ Reps _____



Caution: If these exercises cause discomfort, discontinue and consult a health professional.



STABILIZATION TRAINING

Stand with a chair on either side of you for potential support. Perform the balance exercises listed on the opposite page. Continue to perform an exercise until you can hold it for 30 seconds. Once you can perform it regularly for 30 seconds, move on to the next exercise.



 STABILIZATION TRAINING

1. Two legs; feet together
2. Two legs; feet together; eyes closed
3. Two legs; one foot directly in front of the first as though you are walking a tight rope; eyes closed
4. One leg
5. One leg; eyes closed
6. Two legs; on a wobble board
7. Two legs; eyes closed; standing on wobble board
8. One leg; eyes closed; standing on wobble board

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