



## SINGLE LEG BALANCE

Stand on involved leg. To increase difficulty, balance on a pillow or thick piece of foam.

Complete 3 Sets

Hold 30 Seconds

Perform 3 Times a Day



## ANKLE ABC'S

While in a seated position, write out the alphabet in the air with your big toe.

Your ankle should be moving as you perform this. Video # [VVWT9C6SV](#)

Repeat 1 Time

Hold 1 Second

Complete 2 Sets

Perform 2 Times a Day



## ELASTIC BAND PLANTARFLEXION - SEATED

While seated, use an elastic band attached to your foot and press your foot downward and forward.

Be sure to keep your heel in contact with the floor the entire time. Video # [VVC8TFE6](#)

Repeat 10 Times

Hold 1 Second

Complete 3 Sets

Perform 3 Times a Day



### ELASTIC BAND DORSIFLEXION 2 - SEATED

Using an elastic band attached to your target foot, hook it under your opposite foot and up to your hand.

Next, draw the band upwards with the target foot as shown.

Be sure to keep your heel in contact with the floor the entire time.  
Video # VVAPY6H7K

Repeat 10 Times  
Complete 3 Sets

Hold 1 Second  
Perform 3 Times a Day



### ELASTIC BAND EVERSION - SEATED

Using an elastic band attached to your foot, hook it under your opposite foot and up to your hand.

Next, draw the band outwards to the side.

Be sure to keep your heel in contact with the floor the entire time.  
Video # VV3RMK2MU

Repeat 10 Times  
Complete 3 Sets

Hold 1 Second  
Perform 3 Times a Day



### ELASTIC BAND INVERSION - SEATED

While seated, use an elastic band attached to your foot and draw your foot inward.

Be sure to keep your heel in contact with the floor the entire time.  
Video # VV98P2UCL

Repeat 10 Times  
Complete 3 Sets

Hold 1 Second  
Perform 3 Times a Day



### HEEL RAISES - CALF RAISES - STEP - BILATERAL

While standing on the edge of a step with your heels off the back end, raise up on your toes as you raise your body upward as shown.

Repeat 8 Times  
Complete 3 Sets

Hold 3 Seconds  
Perform 1 Times a Day



### Bird Dip

-On involved side (injured) start by balancing on one foot.

-Bend at the hip making sure the back is flat like a table top, and hips even (see above).

-The opposite leg should extend back to help even out the body.

-Next, with the hand on the same side reach for the cone on the opposite side.

(Left, Middle, Middle Right)

or

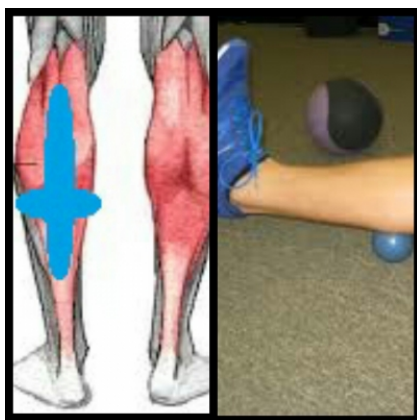
(Right, Middle, Middle, Left)

-Extend upright after touching each cone.

-Once each cone has been touched, go back the opposite way which will complete the set.

Repeat 8 Times  
Complete 2 Sets

Perform 1 Times a Day



### Calf Rolling with Lacrosse Ball

Use the lacrosse ball to roll back and forth lengthwise between the split of the two lobes of your calf muscle.

Also roll across the width of the leg at the junction of the gastrocnemius and soleus muscles

You can roll along either side of your achillies tendon as well.

Try to identify the areas that are most sensitive and work in those areas

Repeat 1 Time  
Complete 1 Set

Hold 2 Minutes  
Perform 2 Times 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.  
Video # VVGU5LGMB

Repeat 1 Time  
Complete 2 Sets

Hold 30 Seconds  
Perform 3 Times a Day