



SEATED CALF STRETCH - SOLEUS

While sitting, use a towel or other strap looped around your foot. Gently pull your ankle back until a stretch is felt along the back of your lower leg.

Your knee should be slightly bent the entire time. Video # VVK4R6BJT

Complete 2 Sets

Hold 30 Seconds

Perform 3 Times a Day



SEATED CALF STRETCH - GASTROCNEMIUS

While sitting, use a towel or other strap looped around your foot. Gently pull your ankle back until a stretch is felt along the back of your lower leg. Maintain your target knee straight the entire time. Video # VVURW8HK8

Complete 3 Sets

Hold 30 Seconds

Perform 3 Times a Day



STANDING CALF STRETCH - SOLEUS

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a bent knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well. Video # VVGUVSTYG

Repeat 1 Time

Hold 30 Seconds

Complete 3 Sets

Perform 2 Times a Day



STANDING CALF STRETCH - GASTROCNEMIUS

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a straight knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well. Video # VVNCZDYGG

Hold 30 Seconds

Complete 3 Sets

Perform 2 Times a Day



Calf stretch

Stand with one foot on a slanted surface, hips over your heels, and knee straight. Maintain an up right posture.

Hold 30 Seconds

Complete 3 Sets

Perform 2 Times a Day



Calf Pin and Stretch

In a long sitting position with one leg crossed over the other, roll your calf along the foam roll back and forth from the ankle to the knee for 1-2 mins with the toes/foot pointed downward. Then find various trigger points/knots and place sustained pressure on them as you pull your foot/toes up toward you. Continue along the entirety of the calf along various trigger points/knots.

Hold 2 Minutes

Complete 2 Sets

Perform 2 Times a Day



Calf self massage

Lie down or sit up on the floor. Stretch the affected leg. Place a tennis ball or massage ball on top of a yoga block or thick book. Gently compress your calf on the ball, move your calf side to side and up and down, and circle your ankles as you massage.

Perform 1 Times a Day



3 WAY CALF RAISE - STRAIGHT

While performing this exercise, always hold on to the hand railing. Stand on one step with your toes only, have your heel hanging off the edge. Feet should be pointed straight forward. Next, lower your heel below the step, then raise back up onto your toes. Repeat.

Repeat 8 Times
Complete 3 Sets

Hold 2 Seconds
Perform 1 Times



3 WAY CALF RAISE - TOES IN

While performing this exercise, always hold on to the hand railing. Stand on one step with your toes only, have your heel hanging off the edge. Toes should be pointing inward. Next, lower your heel below the step, then raise back up onto your toes. Repeat.

Repeat 8 Times
Complete 3 Sets

Hold 2 Seconds
Perform 1 Times a Day



3 WAY CALF RAISE - TOES OUT

While performing this exercise, always hold on to the hand railing. Stand on one step with your toes only, have your heel hanging off the edge. Toes should be point outward. Next, lower your heel below the step, then raise back up onto your toes. Repeat.

Repeat 8 Times
Complete 3 Sets

Hold 2 Seconds
Perform 1 Times



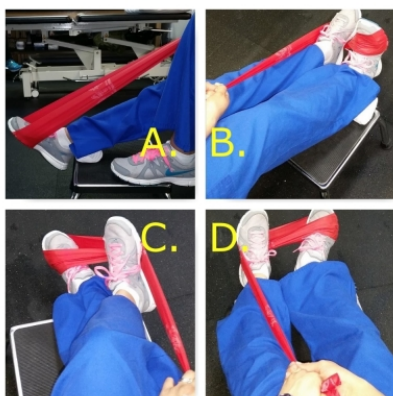
ANKLE ABC's

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
Complete 1 Set

Hold 1 Second
Perform 2 Times a Day



Ankle 4way with TB

All theraband exercise is slow and controlled. Do not let the band "bounce" back.

A. Plantarflexion: "gas pedal." Keep knee straight. Band around "ball of foot" and press it away as far as possible and slowly return to neutral. Repeat.

B. Dorsiflexion: start in neutral and pull theraband back toward you as far as possible. pause. return slowly. keep knee straight.

C. Inversion: start neutral and bring band toward your midline without bending or twisting knee.

D. Eversion: start neutral and press band out without bending or twisting knee.

Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 2 Times a Day



Tennis Ball Raises

Place a tennis ball between both heels and squeeze the ball. Raise up on your toes. Focus on even distribution of your weight on your feet and keeping the ball between the heels without dropping it.

Repeat 6 Times
Complete 3 Sets

Hold 3 Seconds
Perform 1 Times a Day



MARBLE PICK UPS

Place several marbles, dice or other small items on the floor and pick them up using your toes as shown. Place them in a cup or bowl and repeat. Video # VVM5XBF2J

Repeat 1 Time
Complete 1 Set

Hold 1 Second
Perform 1 Times a Day



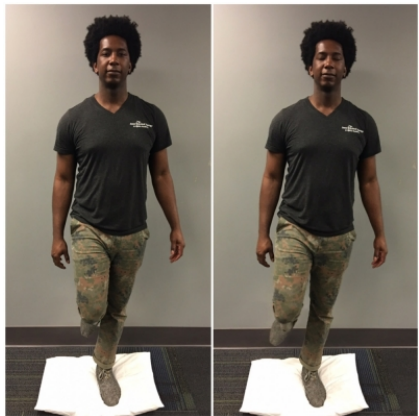
TOWEL CURLS - TOWEL SCRUNCHES

While seated, use a towel and draw it back towards you using your toes. Curl your toes inward.

Be sure to keep your heel in contact with the floor the entire time. Video # VVSSVNRG8

Repeat 1 Time
Complete 4 Sets

Hold 1 Second
Perform 1 Times a Day



One Leg Standing Pillow Eyes Open/Eyes Closed

With your eyes open, stand with one leg on a standard pillow and maintain balance as long as you can. If you do not need outside assistance within 10 seconds, progress to standing with your eyes closed.

NOTE: If instructed by your therapist, have an assistive device or chair nearby.

Perform 2 minutes times 2.

You may also do this exercise on a BOSU Ball or Airex Pad

Complete 3 Sets

Hold 30 Seconds
Perform 2 Times a Day



Soleus Heel Raise

Start in a lunge position, slowly raise heel of front foot off the ground, then return to start position.

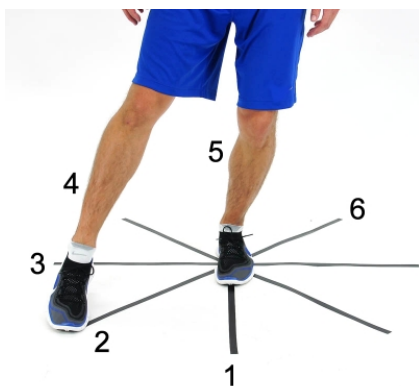
Keep the weight over the ball of your foot throughout the activity.

Vary the difficulty by putting less weight or more on the front leg.

Repeat 15 Times

Complete 2 Sets

Perform 1 Times a Day



SINGLE LEG STANCE - CLOCKS

Start by standing on one leg and maintain your balance. Image a clock on the floor where your stance leg is in the center.

Then, lightly touch position 1 as illustrated with your non-stance foot. Then return that leg to the starting position.

Next, touch position 2 and return. Continue this all the way to position 6.

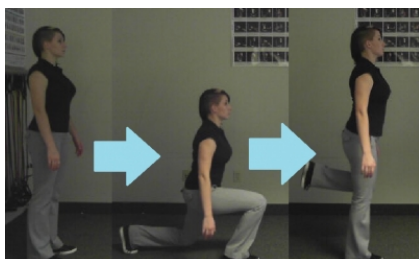
Maintain a slightly bent knee on the stance side. Video # VVSAM8NNY

Repeat 4 Times

Complete 3 Sets

Hold 1 Second

Perform 1 Times a Day



Walking Lunge

Keep arms at your sides and step forward with one leg. Drop into a lunge, then stand up and hold runners stance for one second. Then switch to lunge with the other leg. Keeps stomach muscles tight during the exercise. Video # VVAJKSXJR

Repeat 10 Times

Complete 2 Sets

Perform 1 Times a Day



3 Way Balance

Perform a single leg squat with the involved leg. Perform reps with the uninvolved leg moved into the 3 directions shown (Forward/Medial/Lateral).

*Can use flat ground, pad, or barefoot on carpet or pillow.

Repeat 5 Times

Hold 5 Seconds

Complete 3 Sets

Perform 1 Times a Day



Foam Roll - Shin Splints

While in a kneeling position on the foam roll, slowly roll back and forth through the lateral aspect of your shin, into the muscle (anterior tibialis). The goal is increasing the pliability to the muscle prior to a stretching routine. Perform for 15-20 reps at varying angles along the shin.

If the intensity of the pressure is not enough, try performing one leg at a time

Repeat 20 Times

Hold 5 Seconds

Complete 2 Sets



TOE WALK

Raise up your heels and walk on your toes.

Take few steps forward and then a few steps backwards. Video # VV4HTB973

Repeat 10 Times

Hold 1 Second

Complete 3 Sets

Perform 3 Times a Day



HEEL WALK

Raise up your toes and walk on your heels.

Take few steps forward and then a few steps backwards. Video # VVJYQ8XFR

Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 2 Times a Day



SHIN STRETCH

PLACING RIGHT FOOT OUT WITH TOE'S POINTING HEEL UP AND HOLD FOR 10-15 SECOND WITHOUT ANY PAIN.

Repeat 3 Times
Complete 1 Set

Hold 15 Seconds
Perform 2 Times a Day



Piriformis Slides

Sit on the edge of the mat/chair with legs extended out. Place the ankle of the affected side onto the opposite shin and slide the ankle up, hold at pain free stretch and back down the shin. Repeat.

Repeat 10 Times
Complete 3 Sets

Hold 3 Seconds
Perform 3 Times a Day



Shin Rolling

Use lacrosse ball/tennis ball/golf ball along the muscle to the inside of your shin bone (tibia). Apply pressure using the palm of your hand and roll the ball along the muscle. The motion can be up and down, side to side, or in circles.

****Do not roll over the bone. Stay on the soft tissue next to it****

Complete 3 Sets

Hold 30 Seconds

Perform 2 Times a Day



Tibialis anterior activation

Stabilize the body against a wall. Start with toes on the ground with a book under the feet. Curl toes on the ground and lift foot with toes curled. Hold 5 seconds and return toes to the ground. The great toe should be raised higher than the other toes and the toes must be curled to isolate the tib ant.

Repeat 10 Times

Hold 5 Seconds

Complete 2 Sets

Perform 1 Times a Day



Ankle Dorsiflexion- Tibialis Anterior Single Leg Eccentrics

1. Begin standing with heels 10-12 inches out from a wall, leaning against the wall.
2. Elevate toes toward nose on both feet, coming up onto heels.
3. Hold position and come into a single leg stance.
4. Slowly lower toes and ball of foot to ground with smooth control.

*repeat

Repeat 8 Times
Complete 3 Sets

Perform 2 Times a Week