

## FOOT/ANKLE EXERCISES

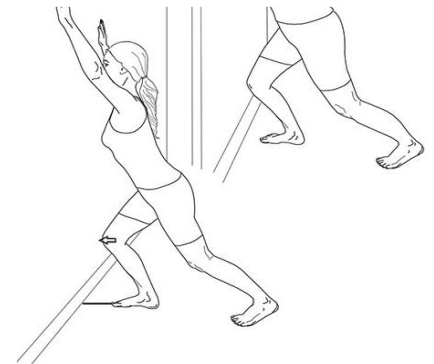
### **Calf Raises - Two Legs**

Stand upright and hold onto a wall/table for balance if required. Slowly raise up onto your toes, and control the movement back down. This exercise will strengthen the calf muscles and ankle joints. You may also use a stair and railing for assistance.



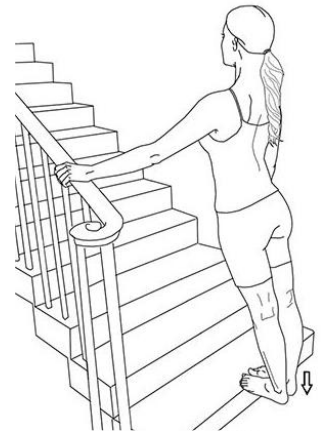
### **Soleus Stretch**

Stand facing a wall, place your one leg in front of you and your hands flat against the wall. Keep both heels on the ground, and your front knee bent. Push your front knee forward towards the wall to feel a stretch in the lower back part of the leg (bottom of the calf muscle, known as the soleus).



### **Heel Drop - Gastrocnemius Stretch**

Stand with your toes on the edge of a step or a box. Hold onto something stable for support if required. Drop your heels downwards. You should feel a stretch just below the back of your knee, in the calf (this part of the calf is known as the gastrocnemius).



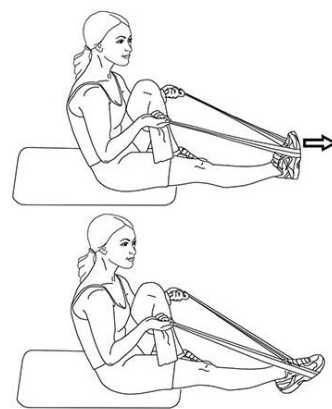
### **Heel Drop - Soleus Stretch**

Stand with your toes on the edge of a step or a box, and knees bent slightly. Hold onto something stable for support if required. Drop your heels downward. You should feel a stretch in the back of your leg, in the lower calf (known as the soleus).



### **Resisted Plantar Flexion**

Sit on the floor with your leg out straight. Place an exercise band around the ball of your foot, hold on to it with both hands, and push away creating resistance in the band. This exercise will help strengthen the calf muscle, and other muscles around the lower leg and ankle. It will also help improve circulation to your lower leg.



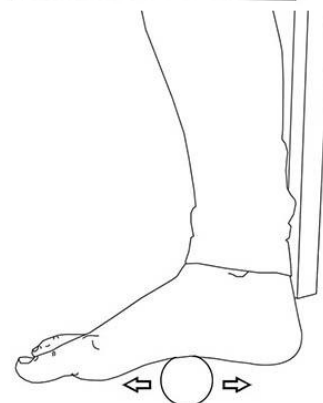
### **Dorsiflexion Stretch with Towel**

Sitting on a chair, place a towel underneath the ball of your foot. Gently pull your toes toward you, with the towel. Hold this position, you should feel a stretch at the back of your leg, in your calf.



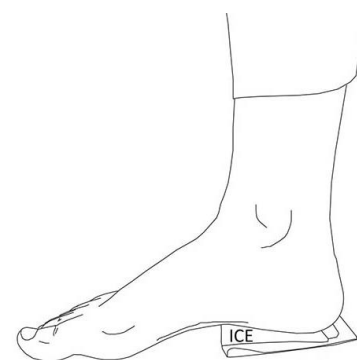
### **Plantar Fascia Massage**

Place a tennis ball or golf ball underneath the sole of your foot. Roll the ball up and down along your foot. Pay particular attention to the skin under the arch of your foot. (Do not rub the ball over the heel of your foot for an extended period of time). This will help reduce tension in the plantar fascia, the tissue under the sole of your foot that causes heel pain.



### **Ice the Plantar Fascia**

Place an ice pack or frozen compress under your heel while sitting to reduce inflammation and pain. Make sure you wrap the ice in a thin towel so it's not too cold. You may also use a ½ liter bottle of water that you have frozen to roll back and forth on the plantar surface of your foot.



**Disclaimer:** These exercises are intended to improve your condition by accompanying your current treatment plan. If any of these exercises increase discomfort, please discontinue immediately and inform your doctor. These exercises may be continued as needed after you have been moved to maintenance care.