Stretching Guide

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BACK - 34 Active Hamstring Stretch

Support back of thigh behind knee. Starting with knee bent, attempt to straighten knee until a comfortable stretch is felt in back of thigh.

Hold ____ seconds. Repeat ____ times on each side.

Do ____ sessions per day.

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foot #1 toe against wall
knee straight

foot #2 up on toes

* If you feel pain in back move your waist away from wall.

30 sec
Repeat 3x
Do 2x/day

1 Lie on back with ____ leg propped in doorway as shown
2 Keep the opposite leg straight on the floor
3 Lie as close to the base of the doorway as possible, while keeping the legs straight
4 Hold ____ seconds
5 ____ repetitions, ____ times per day
ANKLE/FOOT - 13
Soleus Stretch

Standing with both knees bent and involved foot back, heel on floor and turned slightly outward, gently lean into wall until stretch is felt in lower calf.

Hold ___ seconds.
Repeat ___ times.
Do ___ sessions per day.

ANKLE/FOOT - 14
Gastroc Stretch

Standing with involved foot back, leg straight, heel on floor and turned slightly outward, gently lean into wall until stretch is felt in lower calf.

Hold ___ seconds.
Repeat ___ times.
Do ___ sessions per day.

ANKLE/FOOT - 12 Plantar Fascia Stretch

ANKLE/FOOT - 10 Single Leg Toe Curling

With foot resting on towel, slowly bunch towel up as you curl toes.
Repeat ___ times. Do ___ sessions per day.
ANKLE/FOOT - 7 Resisted Inversion

Cross legs with involved ankle underneath. With tubing anchored around uninvolved foot, slowly turn involved foot inward.

Repeat _____ times. Do _____ sessions per day.

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ANKLE/FOOT - 8 Resisted Eversion

With tubing anchored around uninvolved foot, slowly turn involved foot outward.

Repeat _____ times. Do _____ sessions per day.

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ANKLE/FOOT - 29
PRE: Inversion in Sidelying

Lying on side with _____ pound weight wrapped around foot, bend ankle/foot up and turn foot in.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

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ANKLE/FOOT - 30
PRE: Eversion in Sidelying

Lying on side with _____ pound weight wrapped around foot, bend ankle/foot up and turn foot out.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

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