

Foot & Ankle Exercise Guide



Wall-Leaning Gastroc, Soleus 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 30 seconds. Perform two sets with back leg straight, then two sets with back knee bent.



Plantar Fascia Stretch: Stand on stair with one foot completely on the stair and opposite heel hanging off. Lower heel towards the ground until stretch is felt in calf muscle. Hold 30 seconds. Repeat twice.

Toe Towel Curls: With foot resting on towel, slowly bunch towel up using your toes. Repeat the pattern for 2 minutes.



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 1 second, then release the stretch for 1 second. Alternate for 20 repetitions.



Doorway Hamstring Stretch: Lie on back with affected leg propped up in doorway, opposite leg kept on floor. Lie as close to base of doorway as possible, keeping the legs straight. Hold for 30 seconds. Repeat twice.



Standing 2-legged Calf Raise: Raise up onto toes. Hold 1 second at top; slowly lower. Perform 20 repetitions.



Standing 1-legged Calf Raise: While balancing on one foot, raise up onto toes. Hold 1 second at top; slowly lower. Use stable support surface. Perform 10 repetitions.



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Resisted Ankle Inversion: Anchor resistance band around a stable surface. With the band wrapped around forefoot, turn foot inward slowly & under control against moderate resistance. Perform 20 repetitions.



Resisted Ankle Eversion: Anchor resistance band around a stable surface. With the band wrapped around forefoot, turn foot outward slowly & under control against moderate resistance. Perform 20 repetitions.



Ankle Pumps: Seated, tilt foot downward as far as possible, lifting heels up; hold 1 second. Tilt toes upward; hold 1 second. Perform 20 repetitions in each direction.



Ankle circles: Position foot out in front of you, propped up on heel. Turn ankle slowly in large circles. Perform 10 repetitions clockwise, then 10 counter-clockwise.

