

Exercises

1. Ankle Plantarflexion + Dorsiflexion AROM

Preparation:

- Sit on a bed with your leg straight out in front

Execution:

- Point your toes, bending your ankle as far as you can
- Bring your toes towards your nose, bending your ankle as far as you can



Point Toes



Lift Toes

2. Foot Scrunching (Towel)

Preparation:

- Sit with foot on towel

Execution:

- Scrunch the towel with your toes



Sit with foot on towel



Scrunch the towel with your toes

Rolling and Stretching

Gentle stretching and rolling with a ball or roller.

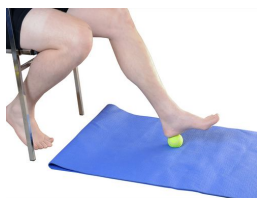
1. Plantar Fascia Release (Tennis Ball)

Preparation:

- Place a tennis ball under your foot

Execution:

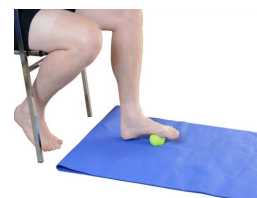
- Using firm pressure, roll the tennis ball back and forth
- When you find a sore spot, concentrate on that area



Place a tennis ball under your foot



Using firm pressure, roll the tennis ball



2. Toe Extension Stretch (Band)

Preparation:

- Wrap toes in band as shown
- Pull band to tension toes

Execution:

- Pull band upwards to stretch toes and bottom of foot



Wrap toes in band



Pull, stretch toes and bottom of foot

3. Gastrocs Stretch (Wall)

Preparation:

- Stand in front of a wall with one leg forward and one leg back

Execution:

- Keeping your back leg straight and heel on ground, lean forward bending your front knee



Eyes and head forward,
hands relaxed on wall,
belly button pulled in



Bend elbows to move
closer to the wall to
stretch the back leg,
keep front knee behind
toes

4. Soleus Stretch (Wall)

Preparation:

- Stand in front of a wall with one leg forward and one leg back as shown

Execution:

- With the back leg bent, sit back onto your back foot, keeping your heel on the ground



Drop back knee toward ground