

Level 1

Potential Inclusion Criteria:

- Pain through the heel with a positive "squeeze test"
- Mild swelling
- Pain that gets worse with activities (Running or Jumping)

Goals:

- Improve tolerance to tissue stretching
- Regain/ Maintain full ankle ROM

Requirements For Progression:

- 10-14 days of adherence
- Significant decrease in pain/ discomfort

Aerobic Exercise:

Avoid Running, Jumping or any exercise that provokes symptoms. You Can continue exercise with non-weight bearing activities such as swimming or cycling if tolerated.

1. Ankle Dorsiflexion Stretch (Belt)

Sets: 3 | Hold: 30 Seconds |
Frequency: Daily

Preparation:

- Sitting with your leg straight out in front of you
- Wrap a long belt around the ball of your foot holding both ends of the belt

Execution:

- Pull the belt towards yourself while keeping your knee straight



Pull belt, knee straight

2. Calf Release (Foam Roller)

Sets: 1 | Duration: 1 Min - 5 Min |
Frequency: Daily

Preparation:

- Sit with your calf on a foam roll.

Execution:

- Roll your calf up and down on the roll.
- Stop on tight portions of the calf muscle to allow them to release.



Sit with calf on foam roll



Roll calf up and down roll

3. Hamstrings Stretch (Belt)

Sets: 3 | Hold: 30 Seconds | Frequency: Daily

Preparation:

- Lie on your back
- Loop a belt around your foot

Execution:

- Use belt to lift leg. You should feel a stretch along the back of your thigh.



Pull foot overhead

4. Hamstring Release (Foam Roller)

Sets: 1 | Duration: 1 Min - 5 Mins |

Frequency: Daily

Execution:

- Roll your the back of thigh as shown
- Stop on tight portions of the muscle to allow them to release.



Roll back of thigh on foam roll



Stop over tight areas and let them melt away



Continue rolling

5. Ankle Circles

Sets: 3 | Duration: 20-30 Seconds | Frequency: Daily

Preparation:

- Sit in a chair with good posture
- Rest the edge of your heel on the floor as shown



Circle ankle



Circle ankle



Circle ankle

Execution:

- Trace clockwise/counterclockwise circles with your big toe



Circle ankle



Circle ankle

Level 2

When Can I Start Level 2?

- Completed Level 1 Goals
- Improved tissue tolerance with full ankle ROM

Goals:

- Improved tolerance to tissue stretching
- Increased tolerance to light load and strengthening

Aerobic Exercise:

- Avoid Running, Jumping or any exercise that provokes symptoms. Continue exercise with non-weight bearing activities such as swimming or cycling if tolerated.

1. Gastrocs Stretch (Wall) Sets: 3 Duration: 30 Seconds Frequency: Daily

Preparation:

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

Execution:

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



Lean forward, back knee locked, heel on ground

2. Soleus Stretch (Wall)

Sets: 3 | Duration: 30 | Frequency: Daily

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

3. Foot Arch Intrinsic

Sets: 3 | Reps: 8-15 | Frequency: Alternate Days

Preparation:

- Foot flat on ground

Execution:

- Try and make an arch without curling toes



Start Position



Make an arch

4. Foot Scrunching (Towel) Sets: 3 | Reps: 8-15 | Frequency: Alternate Days

Preparation:

- Sit with foot on towel

Execution:

- Scrunch the towel with your toes



Sit with foot on towel



Scrunch the towel with your toes

5. Ankle Inversion Concentric (Band)

Sets: 3 | Reps: 8-15 |
Frequency: Alternate Days

Preparation:

- Sit with your legs crossed, band wrapped around the top foot and secured by the bottom foot

Execution:

- Bend your foot against the resistance, pointing your foot upwards and inwards
- Relax your foot back to the start position in a controlled manner



Cross ankle at knee



Bend foot up, against resistance

6. Ankle Eversion Concentric (Band)

Sets: 3 | Reps: 8-15 |
Frequency: Alternate Days

Preparation:

- Sit with your leg straight in front of you

Execution:

- Turn your foot outwards against the resistance, pointing your toes away from the middle.
- Relax your foot back to the start position in a controlled manner



Start Position



Turn foot outward

Level 3

When Can I Start Level 3?

- Completed Level 2 Goals

Goals:

- Increase tolerance to load and able to tolerate full weight bearing activities without any pain or symptoms

Aerobic Exercise:

- Return to running or jumping activities as long as there is no pain or symptoms present before or during activity. Continue swimming and cycling.

1. Calf Raise | Bilateral (Chair)

Sets: 3 | Reps: 8-15 |
Frequency: Alternate Days

Preparation:

- Child holds a stable chair or counter

Execution:

- Encourage your child to lift their heels, rising up on their toes



Holding for support



Raise heels

2. Bunny Hop

Sets: 3 | Reps: 8-15 | Frequency: Alternate Days

Execution:

- Encourage your child to jump upward with both legs



Squat position



Jumps up



Lands in motorcycle position (squat)

3. Single Leg Balance (Foam)

Sets: 3 | Hold: 30 seconds

Frequency: Alternate Days

Preparation:

- Child stands on foam

Execution:

- Encourage your child to stand on one leg



Balance on one leg

4. Squat

Sets: 3

Reps: 8-15

Frequency: Alternate Days

Preparation:

- Stand with good posture, feet are shoulder width apart



Feet shoulder width apart



Squat - Bend at the hip, back flat



Knees aligned with toes

Execution:

- Perform a squat by bending at the hip
- Stop at the point where you cannot keep your lower back flat
- Rise up by straightening at the hip



Knees do not go far over toes

5. Forward Lunge

Sets: 3 | Reps: 8-15 | Frequency: Alternate Days

Preparation:

- Stand with good posture



Good posture



Back is flat



Good posture

Execution:

- Lunge forward
- Rise up and return to the start position
- Repeat Alternating legs



Lunge - Keep front knee aligned over toes

Return To Activity / Achieving Your #RISEABOVE Goal(s)

Build back into your activity or sport, progressing slowly with a 10% increase in time or activity per week. Be sure to discuss sport specific progressions with a G23 physiotherapist