



### Foam Roller - Achilles Tendon/Calf

In a seated position place the foam roller beneath the lower leg just above the ankle. Lift your body off the ground with your arms and then roll the lower leg back and forth, holding over tender spots for up to 10 seconds until the soreness subsides. For more compression overlap the other leg over the leg on the foam roller.

\*\*If you do not own a foam roller, you can use a can of soup or a small ball (baseball, tennis ball).

Repeat 1 Time

Hold 2 Minutes

Complete 1 Set

Perform 1 Times a Day



### ARCH LIFTS

Start with your foot on the floor. Raise up the arch of your foot while maintaining your big toe, ball of your foot and heel on the floor the entire time. Video # VV69K9V8V

Repeat 10 Times

Hold 2 Seconds

Complete 3 Sets

Perform 1 Times a Day



### TOWEL CURLS - TOWEL SCRUNCHES

While seated, use a towel and draw it back towards you using your toes. Curl your toes inward.

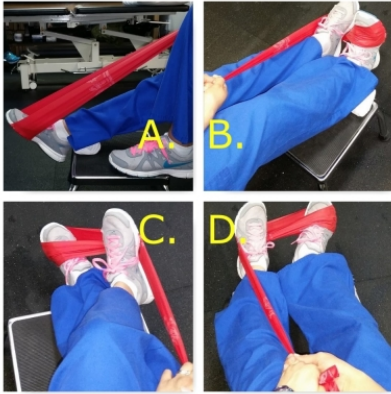
Be sure to keep your heel in contact with the floor the entire time. Video # VVSSVNRG8

Repeat 15 Times

Hold 1 Second

Complete 3 Sets

Perform 1 Times a Day



### Ankle 4way with TB

All theraband exercise is slow and controlled. Do not let the band "bounce" back. It is easiest to have someone else hold the band for you. If no one is available, reference the pictures to learn how to hold it yourself.

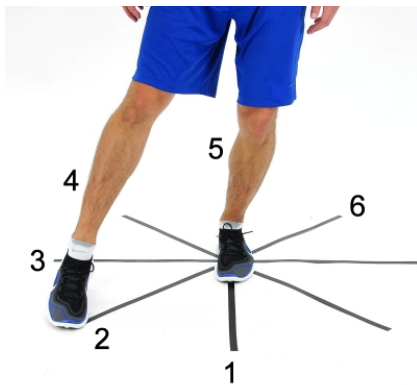
- A. Plantarflexion: "gas pedal." Keep your knee straight and place the band around "ball of foot" and press it away from you as far as possible and slowly return to neutral. Repeat.  
 B. Dorsiflexion: start in neutral and pull theraband back toward you as far as possible. pause. return slowly. keep knee straight.  
 C. Inversion: start neutral and bring band toward your other foot without bending or twisting knee.  
 D. Eversion: start neutral and press band out without bending or twisting knee.

Repeat 10 Times

Hold 1 Second

Complete 3 Sets

Perform 1 Times a Day



### SINGLE LEG STANCE - CLOCKS

Start by standing on your injured leg and maintain your balance. Imagine a clock on the floor where your stance leg is in the center.

Then, lightly touch position 1 as illustrated with your non-stance foot. Then return that leg to the starting position.

Next, touch position 2 and return. Continue this all the way to position 6.

Maintain a slightly bent knee on the stance side. All 6 positions=1 rep. Video # VVSAM8NNY

Repeat 5 Times

Hold 1 Second

Complete 1 Set

Perform 1 Times a Day



### STEP DOWN - FORWARD

Start with both feet on top of a step/box. You can use your staircase at home. Next, slowly lower the uninjured leg down forward off the step/box to lightly touch the heel to the floor. Then return to the original position with both feet on the step/box.

Maintain proper knee alignment. Do NOT let your knee pass over your toes; if you cannot reach your foot all the way onto the floor, that is okay. Video # VVWTD2U5R

Repeat 10 Times

Hold 1 Second

Complete 2 Sets

Perform 1 Times a Day



### STEP DOWN - LATERAL

Start with both feet on top of a step/box. Next, slowly lower the uninjured leg down off the side of the step/box to lightly touch the heel to the floor. Then return to the original position with both feet on the step/box.

Maintain proper knee alignment. Do NOT let your knee pass over your toes; if you cannot reach your foot all the way onto the floor, that is okay. Video # VVBA2KGN7

Repeat 1 Time  
Complete 1 Set

Hold 1 Second  
Perform 1 Times a Day



### ECCENTRIC HEEL RAISES

(1) While standing, raise up on your toes (2) as you lift your heels off the ground.

(3) Next, bend the uninjured leg.

Then, (4) lower your heel back down. Video # VVFF5PV22

Repeat 15 Times  
Complete 3 Sets

Hold 1 Second  
Perform 1 Times a Day



### STANDING CALF STRETCH - SOLEUS

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a bent knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well. Video # VVGUVSTYG

Repeat 1 Time  
Complete 3 Sets

Hold 45 Seconds  
Perform 1 Times a Day



## STANDING CALF STRETCH - GASTROCNEMIUS

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a straight knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well. Video # VVNCZDYGG

Repeat 1 Time

Hold 45 Seconds

Complete 3 Sets

Perform 1 Times a Day