

CALF STRETCH WITH TOWEL

While in a seated position, hook a towel under your foot and pull your ankle back until a stretch is felt on your calf area.

Keep your knee in a straightened position during the stretch.
Video # VVGU5LGMB



Repeat 1 Time
Complete 3 Sets

Hold 45 Seconds
Perform 1 Times a Day

Toe Flexion/Extension Stretch

Grasp your toes and bend them until a gentle stretch is felt on the top of your foot. Hold for 30 seconds.

Then pull toes back into extension until gentle stretch is felt on underside of foot. Hold for 30 seconds.

Repeat on both feet.



Repeat 1 Time
Complete 3 Sets

Hold 30 Seconds
Perform 1 Times a Day

INVERSION STRETCH

While seated, cross your legs so that the affected leg is on top.

Next, hold your foot and pull upwards until a stretch is felt along the side of your ankle. Video # VVVG3MKXU

Repeat 1 Time
Complete 3 Sets

Hold 30 Seconds
Perform 1 Times a Day





EVERSION STRETCH

While seated, cross your legs so that the affected leg is on top.

Next, hold your foot and push downward until a stretch is felt along the inner side of your ankle. Video # VV3ZD6RRT

Repeat 1 Time

Hold 30 Seconds

Complete 3 Sets

Perform 1 Times a Day



Anterior Tibialis Stretch

Cross your leg over your lap and pull your toes down until you feel a stretch in your shin.

Repeat 1 Time

Hold 30 Seconds

Complete 3 Sets

Perform 1 Times a Day



Ankle Mobility - Lunge/Runner Stretch

Kneel and lunge with one foot forward. With your opposite hand, apply pressure to the top of the foot in a downward direction. Maintain this pressure, and watch that the arch of the foot does not collapse/drop. Shift your body weight forward over your foot (in the direction of the green arrow) and hold for 3-seconds. Repeat 10 times.

You should feel a stretch in your ankle. Do on BOTH sides.

Repeat 10 Times

Hold 3 Seconds

Complete 1 Set

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
Complete 3 Sets

Hold 45 Seconds
Perform 2 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 2 Times a Day