




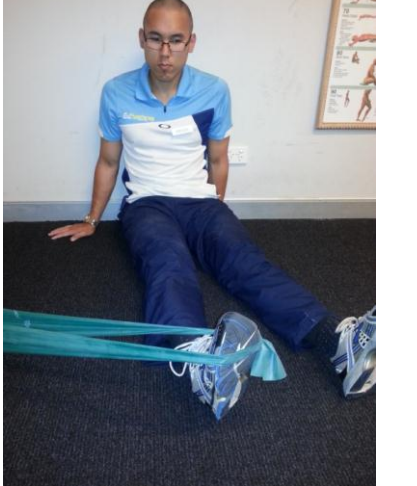



## Foot/Ankle Exercises

Exercise	Image	Instructions
Calf stretch with towel		<ol style="list-style-type: none"> <li>1. Sit on the ground with legs straight out on front of you. Wrap a towel around the mid-foot area of 1 leg.</li> <li>2. Pull back on the towel as shown to apply stretch to your calf.</li> <li>3. Hold stretch for 30 seconds. Perform 2-3 times each leg.</li> </ol>
Calf rolls		<ol style="list-style-type: none"> <li>1. Sit with legs straight out in front of you and arms supporting your weight behind you. Place the roller underneath your calf and cross 1 leg over as shown.</li> <li>2. Suspend your body with your arms and apply pressure on your calf using your body weight.</li> <li>3. Roll for 1 minute, rest for 30 seconds, then repeat.</li> </ol>
Toe points with theraband		<ol style="list-style-type: none"> <li>1. Wrap a theraband around the ball of your foot and keep tension in it. Straighten that leg in front of you in a seated position.</li> <li>2. Point your toes against the resistance, then relax to allow for the theraband to assist in a calf stretch.</li> <li>3. Perform 10-15 reps.</li> </ol>
Plantar roller		<ol style="list-style-type: none"> <li>1. Place roller underneath foot in a seated position.</li> <li>2. Roll between the heel bone and the ball of your foot.</li> <li>3. Roll foot for 20-30 seconds for 2-3 sets.</li> </ol>

Foot scrunch		<ol style="list-style-type: none"> <li>1. Aim to 'pick up' a piece of paper with your barefoot by flexing your toes.</li> <li>2. Perform 15-20 reps.</li> </ol>
Inversion with theraband		<ol style="list-style-type: none"> <li>1. Sit against the wall with your legs straight out in front. Attach a theraband around the ball of your foot to a low anchor point.</li> <li>2. Tilt your ankle so that the sole of your foot faces inward. Feel the band resist your movement.</li> <li>3. Perform 10-15 reps.</li> </ol>
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