

## 1. Heel Cord Stretch

### Repetitions

2 sets of 10

### Days per week

6 to 7

**Main muscles worked:** Gastrocnemius-soleus complex  
You should feel this stretch in your calf and into your heel

**Equipment needed:** None

### Step-by-step directions

- Stand facing a wall with your unaffected leg forward with a slight bend at the knee. Your affected leg is straight and behind you, with the heel flat and the toes pointed in slightly.
- Keep both heels flat on the floor and press your hips forward toward the wall.
- Hold this stretch for 30 seconds and then relax for 30 seconds. Repeat.

**Tip** Do not arch your back.



## 2. Heel Cord Stretch with Bent Knee

### Repetitions

2 sets of 10

### Days per week

6 to 7

**Main muscles worked:** Soleus  
You should feel this stretch in your calf, the sides of your ankle, and into your heel

**Equipment needed:** None

### Step-by-step directions

- Stand facing a wall with your unaffected leg forward with a slight bend at the knee. Your affected leg is behind you, with the knee bent and the toes pointed in slightly.
- Keep both heels flat on the floor and press your hips forward toward the wall.
- Hold the stretch for 30 seconds and then relax for 30 seconds. Repeat.

**Tip** Keep your hips centered over both feet.



## 3. Golf Ball Roll

### Repetitions

1

### Days per week

Daily

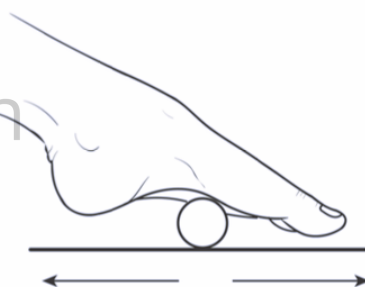
**Main muscles worked:** Plantar fascia ligament  
You should feel this exercise along the bottom of your foot

**Equipment needed:** Golf ball

### Step-by-step directions

- Sit on a stable chair with both feet planted on the floor.
- Roll a golf ball under the arch of your affected foot for 2 minutes.

**Tip** Sit up tall and keep your foot toward your chair.



#### 4. Towel Stretch

##### Repetitions

2 sets of 10

##### Days per week

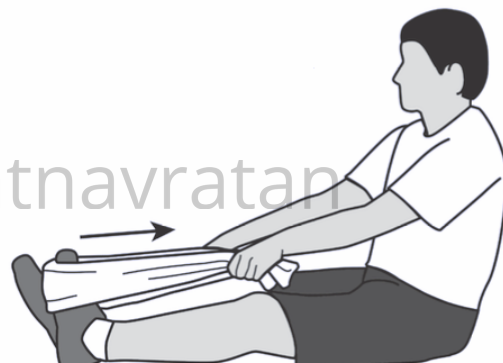
6 to 7

**Main muscles worked:** Gastrocnemius-soleus complex  
You should feel this stretch in your calf and into your heel

**Equipment needed:** Hand towel

##### Step-by-step directions

- Sit on the floor with both legs out in front of you.
- Loop a towel around the ball of your affected foot and grasp the ends of the towel in your hands.
- Keep your affected leg straight and pull the towel toward you.
- Hold for 30 seconds and then relax for 30 seconds. Repeat 3 times.



**Tip** Sit up tall and keep your legs straight.

#### 5. Calf Raises

##### Repetitions

2 sets of 10

##### Days per week

6 to 7

**Main muscles worked:** Gastrocnemius-soleus complex  
You should feel this exercise in your calf

**Equipment needed:** Chair for support

##### Step-by-step directions

- Stand with your weight evenly distributed over both feet. Hold onto the back of a chair or a wall for balance.
- Lift your unaffected foot off of the floor so that all of your weight is placed on your affected foot.
- Raise the heel of your affected foot as high as you can, then lower.
- Repeat 10 times.



**Tip** Do not bend the knee of your working leg.

#### 6. Ankle Range of Motion

##### Repetitions

2 sets

##### Days per week

Daily

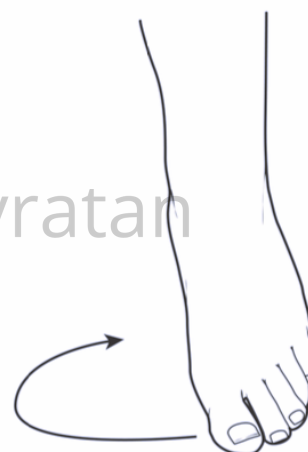
**Main muscles worked:** Dorsiflexors, plantar flexors, invertors, evertors  
You should feel this exercise at the top of your foot and throughout your ankle

**Equipment needed:** None

##### Step-by-step directions

- Sit down so that your feet do not touch the floor.
- Use your foot to write each letter of the alphabet in the air. Lead with your big toe.

**Tip** Keep the movements small, using just your foot and ankle.



## 7. Marble Pickup

### Repetitions

20

### Days per week

Daily

**Main muscles worked:** Plantar flexors

You should feel this exercise at the top of your foot and toes

**Equipment needed:** 20 marbles

### Step-by-step directions

- Sit with both feet flat and place 20 marbles on the floor in front of you.
- Use your toes to pick up one marble at a time and place into a bowl.
- Repeat until you have picked up all the marbles.



### Tip

Do not place the marbles too far out in front or to the side.

## 8. Towel Curls

### Repetitions

5

### Days per week

Daily

**Main muscles worked:** Plantar flexors

You should feel this exercise at the top of your foot and your toes

**Equipment needed:** Hand towel

### Step-by-step directions

- Sit with both feet flat and place a small towel on the floor in front of you.
- Grab the center of the towel with your toes and curl the towel toward you.
- Relax and repeat.



### Tip

You can make this exercise more challenging by placing a weight on the edge of the towel.

## 9. Ankle Dorsiflexion/Plantar Flexion

### Repetitions

3 sets of 10

### Days per week

3

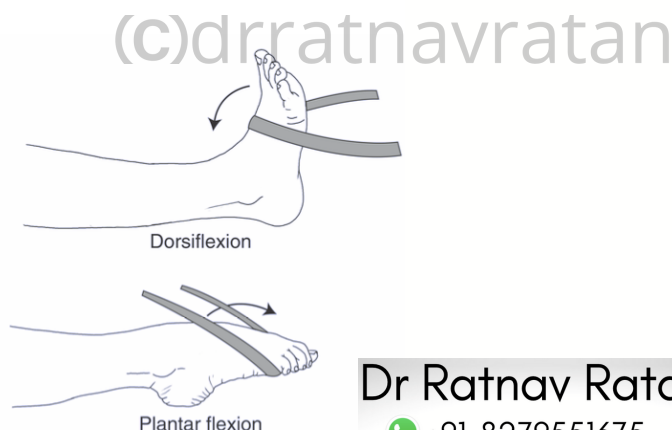
**Main muscles worked:** Anterior tibialis, gastrocnemius-soleus complex

You should feel this exercise at your calf, shin, the back of your heel, and the top of your foot

**Equipment needed:** Use an elastic stretch band of comfortable resistance

### Step-by-step directions

- Sit on the floor with your legs straight out in front of you.
- For dorsiflexion, anchor the elastic band on a chair or table leg, then wrap it around your foot.
- Pull your toes toward you and slowly return to the start position. Repeat 10 times.
- For plantar flexion, wrap the elastic band around your foot and hold the ends in your hand.
- Gently point your toes and slowly return to the start position. Repeat 10 times.



### Tip

Keep your leg straight and heel on the floor for support.

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Source: AAOS