

Foot and Ankle Conditioning Exercises

Ankle Range of Motion

- Sit, but do not have your affected foot touch the floor
- Use your foot to write the alphabet in the air with big toe
- Keep the movements small and just use your foot and ankle



Towel Stretch

- Sit on the floor with legs straight 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 towel gently towards you



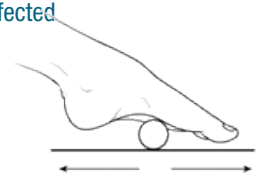
Towel Curls

- Sit with affected foot flat on 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



Golf Ball Roll

- Sit in Chair with both feet planted on the floor
- Roll a golf ball under the arch of your affected foot for 2-3 minutes



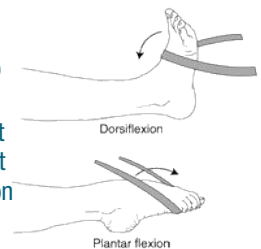
Calf Raises

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



Ankle Dorsiflexion / Plantarflexion

- Dorsiflexion– wrap band on a chair / table leg, then wrap it around your foot
- Pull your toes toward you & slowly return to start position, repeat 10 times
- Plantarflexion – wrap band around your foot and hold the ends in your hand Gently point your toes & slowly return to the start position Repeat 10 times



Calf / Achilles Stretch

- Stand facing wall with unaffected leg forward with knee slightly bent Bring affected leg back behind you with (A) knee straight (B) knee bent
- Keep both heels flat on the floor
- Press your hips forward toward the wall Do not arch your back
- Hold for 30 seconds and then relax

