



Arch Curls

REPS: 15 | SETS: 2 | WEEKLY: 5x | DAILY: 2x

Clinician Notes:

Wear socks if the floor is not carpeted. The towel is not necessary

Setup

- Begin seated with your feet resting on the floor

Movement

- Forcefully grip (flex) your toes

Tip

- Make sure to keep the rest of your foot in contact with the ground.



Arch Slide

REPS: 15 | SETS: 2 | WEEKLY: 5x | DAILY: 2x

Clinician Notes:

Wear socks unless the floor is carpeted. A towel is not needed.

Setup

- Begin sitting upright on a chair with both feet resting on the floor.

Movement

- Slowly turn your feet inward using your heel as a pivot, flex your toes, then slide them outward, and repeat.

Tip

- Make sure to keep your foot on the floor during the exercise.



Gastroc Stretch on Wall

HOLD: 60-180sec | WEEKLY: 5x | DAILY: 1x

Setup

- Begin in a standing upright position in front of a wall.

Movement

- Place your hands on the wall and extend both legs straight backward until you feel a stretch in the calves and hold.

Tip

- Make sure to keep your heels on the ground and knees straight during the stretch.



Soleus Stretch on Wall

HOLD: 60-180sec | WEEKLY: 5x | DAILY: 1x

Setup

- Begin in a standing upright position in front of a wall.

Movement

- Place your hands on the wall and extend your legs backward with your knees bent. Lean forward into the wall, until you feel a stretch in your lower calves and hold.

Tip

- Keep your knees bent during the stretch. Your heels may leave the floor.



Single Leg Stance

HOLD: 30sec | WEEKLY: 5x | DAILY: 3x

Setup

- Begin in a standing upright position with your arms resting at your sides.

Movement

- Lift one foot off the ground. Hold this position.

Tip

- Make sure to maintain your balance and keep your back straight during the exercise.



STEP 1

Peroneal Stretch

HOLD: 60sec | **WEEKLY:** 5x | **DAILY:** 3x

Setup

- Cross your leg as shown. Pull down on the dorsal foot. While holding the downward pressure, rotate you ankle up and in.

Tip

- Don't let the ankle pain over ride the stretch on the outer leg.
- The stretch motion mimics an ankle sprain.

STEP 1



STEP 2



Standing Eccentric Heel Raise

REPS: 15 | **SETS:** 1-2 | **COUNT:** 4-6sec | **WEEKLY:** 5x | **DAILY:** 2x

Setup

- Begin in a standing upright position, holding onto a chair for support (if needed), with both feet on the ground.

Movement

- Raise up onto your toes. Lift the uninvolved leg off the floor, then slowly lower your heel to the floor. Repeat this motion.

Tip

- Make sure that the single leg lowering movement is performed slowly. Try not to let your knee bend as you lower your heel.

STEP 1



STEP 2



Standing Eccentric Calf Raise with Bent Knee

REPS: 15 | **SETS:** 1-2 | **COUNT:** 4-6sec | **WEEKLY:** 5x | **DAILY:** 2x

Setup

- Begin in a standing upright position, holding onto a stable object for support (if needed), with both feet on the ground.

Movement

- Bend your knees, lift your heels off the ground, then lift the un-involved leg off the ground and lower your other foot back to the ground.Repeat this motion.

Tip

- Keep your back straight and knees bent throughout the exercise. Make sure that the single leg lowering movement is performed slowly.

STEP 1



STEP 2



Seated Plantar Fascia Stretch

REPS: 1-2 | **HOLD:** 60-180sec | **WEEKLY:** 5x | **DAILY:** 2x

Setup

- Begin sitting in a chair with one leg crossed over your other knee. Use one hand to hold your ankle, and the other to hold your toes.

Movement

- Gently pull your toes backward until you feel a deep stretch in the bottom of your foot and hold.

Tip

- There may be some pain -- don't allow the pain to overwhelm the stretch.

STEP 1



Balance and reach exercise A

Single Leg Reach

REPS: 10 | **SETS:** 1-2 | **WEEKLY:** 5x | **DAILY:** 2x

Setup

- Stand on one foot. Use a chair or desk for balance if needed.

Movement

- Kick the other leg backward as you lean forward. Your body and the non planted thigh will be in a planked position.

Tip

- Don't allow your non planted foot to turn.