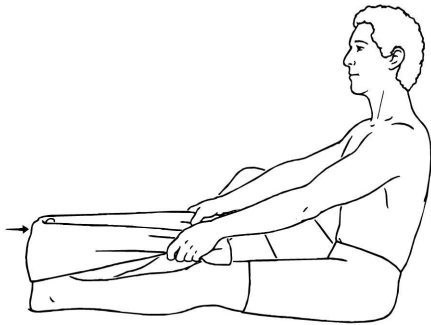


Normal
2005 Jacobssen Drive Ste A
Normal, IL 61761
309.807.0384

Pontiac
1512 W. Reynolds Ste A
Pontiac, IL 61764
815.842.6551

Ankle Home Exercises

Stretch Calf - Towel



Sit with knee straight and towel looped around foot. Gently pull on towel until stretch is felt in calf. Hold.
1 set of 5 with a 30 sec hold

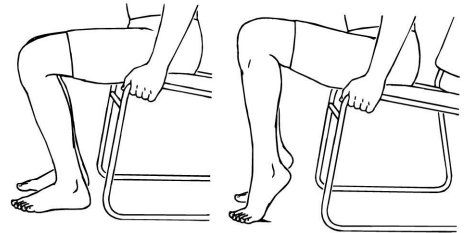
Soleus Stretch - Towel



Sit with knee bent and towel or strap looped around foot. Gently pull on towel until stretch is felt in low calf. Hold.

1 set of 5 with a 30 sec hold

Heel Raise-Sitting



Raise heels, keeping toes on floor.

3 sets of 10

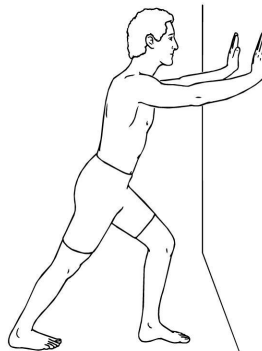
Heel Raise - Eccentric



Stand straight up. Raise up onto your tiptoes. Lift your non-involved foot up and lower with only your sore foot.

2 sets of 10

Stretch Gastroc - Standing

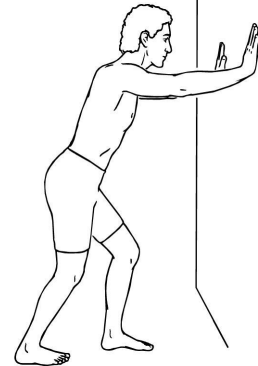


Stand with one foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf.

Hold.

1 set of 5 with a 30 sec hold

Soleus Stretch



Stand with one foot back, both knees bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in lower calf. Hold.

Hold 30 Seconds repeat 5 times

INSTRUCTIONS

Gradually increase to 3 sets of 10 as tolerated.

Perform with **NO PAIN**.

Perform 2-3 times per day.

Ice as needed for 15-20 minutes afterwards.