



STANDING CALF STRETCH - GASTROCNEMIUS

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a straight knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well. Video # VVNCZDYYG

Repeat 3 Times

Hold 1 Minute

Complete 1 Set

Perform 2 Times a Day



STANDING CALF STRETCH - SOLEUS

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a bent knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well. Video # VVGUVSTYG

Repeat 3 Times

Hold 1 Minute

Complete 1 Set

Perform 2 Times a Day



TOE FLEXION AND EXTENSION

Curl your toes downward then upward and repeat. Use controlled movements. Video # VVVFSWFMA

Repeat 20 Times

Hold 5 Seconds

Complete 1 Set

Perform 2 Times a Day



MARBLE PICK UPS

Place several marbles, dice or other small items on the floor and pick them up using your toes as shown. Place them in a cup or bowl and repeat. Video # VVM5XBF2J

Repeat 5 Times

Hold 1 Second

Complete 1 Set

Perform 2 Times a Day



Toe Spreading for Foot intrinsic strengthening

1) Assume either a standing or sitting position where you are bearing weight on your feet.

2) actively try to spread/splay your toes apart.

*this is easier to do if you can actually see your toes.

Repeat 20 Times

Hold 5 Seconds

Complete 1 Set

Perform 2 Times a Day

COLD PACK

Apply a cold pack to the affected area.

Duration 10 Minutes

Complete 1 Set

Perform 2 Times a Day

