



### 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 # VVNCZDYGG

Repeat 3 Times

Hold 1 Second

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 Second

Complete 1 Set

Perform 2 Times a Day



### TOE FLEXION AND EXTENSION

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

Repeat 20 Times

Hold 5 Seconds

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 3 Sets

Perform 2 Times a Day



### GREAT TOE EXTENSION STRETCH

While seated, cross your legs so that the affected leg is on top.

Next, bend your big toe back with your fingers until a stretch is felt in your toe and or bottom of your foot. Video # VV7KS3BAR

Repeat 3 Times

Hold 1 Minute

Complete 1 Set

Perform 2 Times a Day



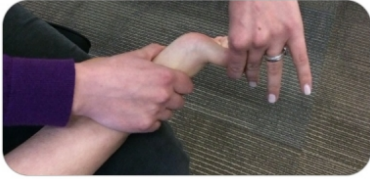
### Great Toe Distraction with Extension

Take a firm grasp of your great toe and pull it straight away from your foot. While keeping this pull, bring your toe up toward your knee. Maintain the pull and return the toe back to neutral.

Repeat 10 Times

Hold 10 Seconds

Perform 2 Times a Day



### ICE APPLICATION & ELEVATION

Use of ice is very important for swelling and pain control. Ice can be applied whenever needed up to 20 minutes at a time. Lie down with involved leg propped above heart level with support under knee, calf, and ankle. Complete this at least 2-3 times per day, or more often if needed.

Repeat 1 Time  
Complete 1 Set

Hold 10 Minutes

Perform 2 Times a Day