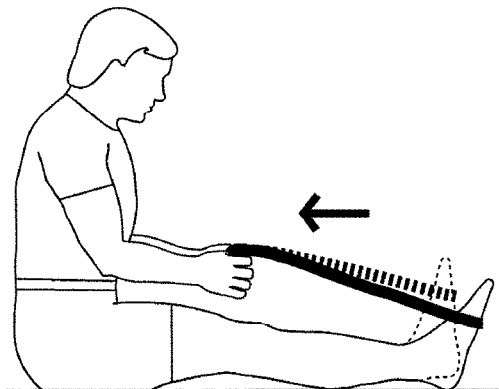


Stretch Gastroc sit w/towel

- Sit as shown, looping towel around ball of foot.
- Gently and steadily pull on towel, keeping knee straight.

Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 10 Seconds.



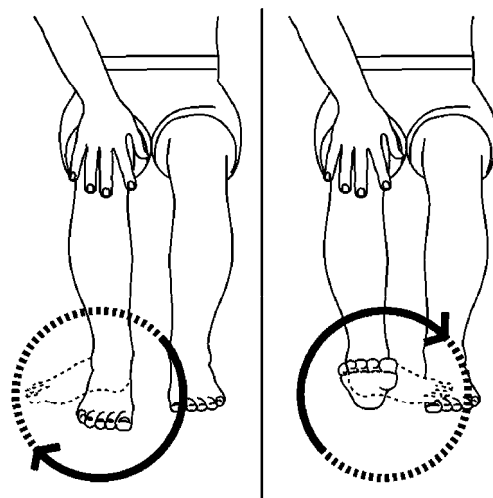
AROM ankle circum

- Sit with knee bent.
- Move foot in circles clockwise.
- Move foot in circles counterclockwise.

Special Instructions:

Be sure leg or knee does not move, insure motion occurs at ankle.

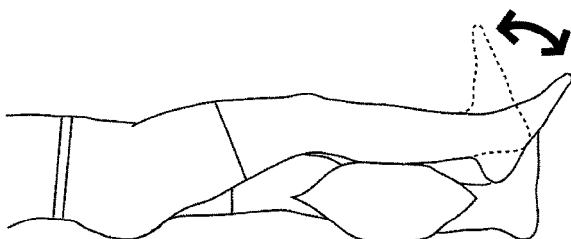
Perform 3 sets of 10 Repetitions,
once a day.

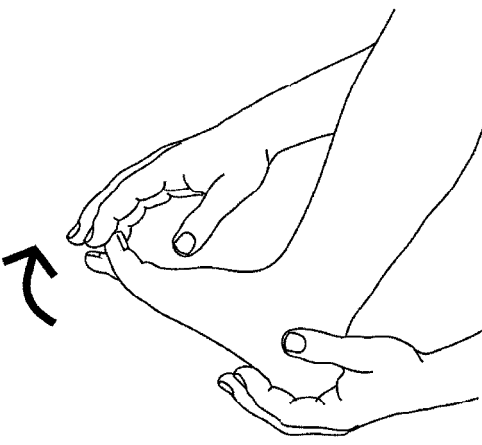


AROM ankle DF/PF (elevated ankle pumps)

- Lie on back with foot elevated up on pillow.
- Move foot up and down, pumping the ankle.

Perform 3 sets of 10 Repetitions,
once a day.





Stretch great toe flexor

- Sit, grasp heel with one hand.
- Pull up on big toe with other hand.
- Do the big toe first, then other 4 toes at the same time.

Perform 1 set of 10 Repetitions,
once a day.

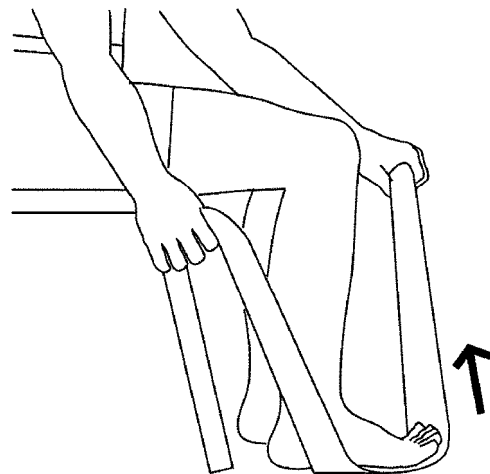
Hold exercise for 10 Seconds.

Stretch toe flexors w/towel

- Sit with foot on floor.
- Loop towel under toes and gently pull up into stretch.
- Keep ball of foot on floor.

Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 10 Seconds.



Stretch Gastroc/Soleus bil standing

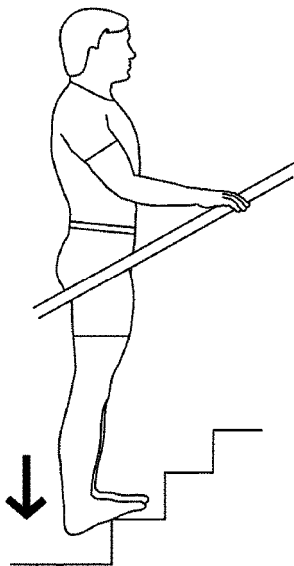
- Stand with balls of feet on a step, using banister to steady yourself.
- Keeping knees slightly bent, gently lower heels.

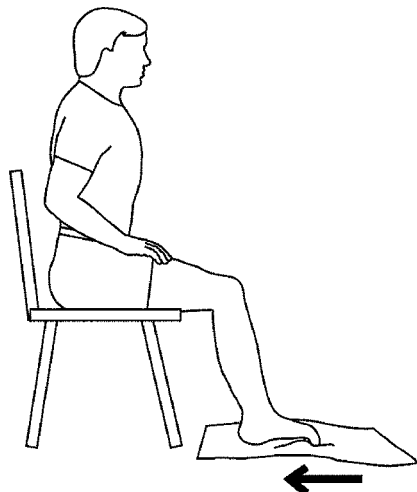
Special Instructions:

This is a stretching exercise. Don't come back up past stair level.

Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 10 Seconds.





AROM toe flx w/towel

- Sit in chair.
- Place towel on floor.
- Keep heel on ground.
- Pull towel towards you using the toes only.

Special Instructions:

Use Dish Towel on a smooth surface.

Perform 3 sets of 10 Repetitions,
once a day.

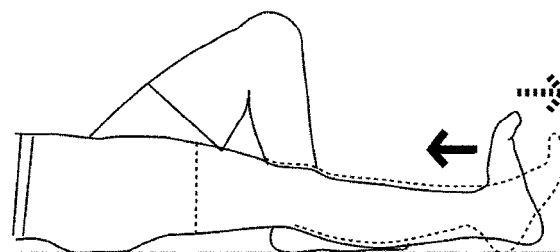
Use Towel.

AROM toe intrinsics

- Sit on floor with leg straight.
- Pull foot upward while bending toes downward.
- Next, point foot downward while pulling toes upward.
- Repeat.

Perform 3 sets of 10 Repetitions,
once a day.

Hold exercise for 3 Seconds.



AROM knee flx/ext uni sit w/dowel

- Sit in chair.
- Place foot on dowel as shown.
- Roll foot forward and backward over dowel.

Special Instructions:

You can also use a frozen bottle of water.

Perform 3 sets of 10 Repetitions,
once a day.

