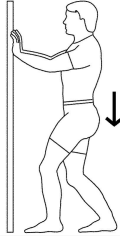


Stretch Soleus stand (Soleus stretch)



- Stand, one leg in front of the other.
- Face wall, hands on wall for support.
- Slowly bend knees, keeping heels on floor, as shown, until stretch is felt.
- Repeat with other leg in front.

Perform 1 set of 2 Repetitions, once a day.

Hold exercise for 30 Seconds.

Stretch Gastroc/Soleus bil standing (Double Gastroc step stretch)



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

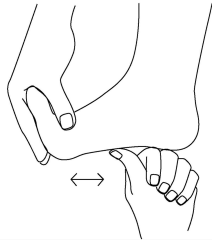
Special Instructions:

Progress to performing with straight knees.

Perform 1 set of 2 Repetitions, once a day.

Hold exercise for 30 Seconds.

Stretch toe flexors/plantar fascia (Plantar fascia stretch)

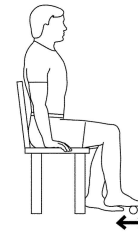


- Use one hand to pull toes upward.
- Keep toes pulled upward.
- Use thumb of other hand and push down while moving up and down along sole of foot.

Perform 1 set of 2 Repetitions, once a day.

Hold exercise for 30 Seconds.

AROM knee flx/ext uni sit w/dowel (Rolling foot)

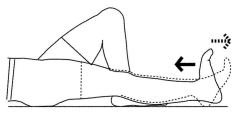


- Sit in chair.
- Place foot on dowel as shown.
- Roll foot forward and backward over dowel.

Perform 2 sets of 1 Minute, once a day.

Rest 1 Minute between sets.

AROM toe intrinsics (Toe intrinsics)



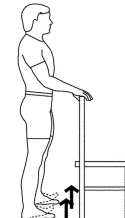
- Sit on floor with leg straight.
- Pull foot upward while bending toes downward.
- Next, point foot downward while pulling toes upward.
- Repeat.

Perform 3 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM ankle DF bil stand (Toe raise)



- Stand with both feet shoulder distance apart.
- Raise up on heels.
- Lower and repeat.

Perform 3 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Exercises are typically listed in order from least difficult to most difficult. Start with the first 2-4 exercises. If they are not challenging, skip further down the document and perform more challenging exercises. Exercises and stretches can be uncomfortable, but should not be painful. Spend no more than 10 minutes a day on these exercises, but try to do them daily.

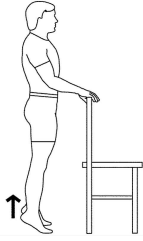
Issued By: Dr. Merritt

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Dr. Levi G. Merritt

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AROM ankle PF bil stand (Double heel raise)



- Stand, using chair for balance.
- Raise up on toes, through full range.
- Return to start position and repeat.

Perform 3 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

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