Ankle / Foot Stretches

Created by Steve Knighton



SEATED CALF STRETCH - SOLEUS

While sitting, use a towel or other strap looped around your foot. Gently pull your ankle back until a stretch is felt along the back of your lower leg.

Your knee should be slightly bent the entire time.

Repeat 1 Time
Hold 20 Seconds
Complete 1 Set

Perform 1 Time(s) a Day



SEATED CALF STRETCH - GASTROC

While sitting, use a towel or other strap looped around your foot. Gently pull your ankle back until a stretch is felt along the back of your lower leg.

Repeat 1 Time
Hold 20 Seconds
Complete 1 Set

Perform 1 Time(s) a Day



STANDING CALF STRETCH - GASTROC

While standing and leaning against a wall, place one foot back behind you and bend the front knee until a gentle stretch is felt on the back of the lower leg.

Your back knee should be straight the entire time.

Repeat 1 Time
Hold 20 Seconds
Complete 1 Set

Perform 1 Time(s) a Day



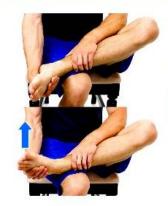
STANDING CALF STRETCH - SOLEUS

While standing and leaning against a wall, place one foot back behind you and bend the front knee until a gentle stretch is felt on the back of the lower leg.

Your back knee should be bent the entire time.

Repeat 1 Time
Hold 20 Seconds
Complete 1 Set

Perform 1 Time(s) a Day



INVERSION STRETCH

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

Next, hold your foot and pull upwards until a stretch is felt along the side of your ankle.

Repeat 1 Time Hold 20 Seconds Complete 1 Set

Perform 1 Time(s) a Day



EVERSION STRETCH

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

Next, hold your foot and push downward until a stretch is felt along the inner side of your ankle.

Repeat 1 Time 20 Seconds Hold Complete 1 Set Perform 1 Time(s) 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.

Repeat 1 Time Hold 20 Seconds Complete 1 Set

Perform 1 Time(s) a Day



MTP EXTENSION STRETCH

While standing, place your toes on the floor so that they bend upwards.

Next, press down until a stretch is felt in the toes and or along the bottom of your foot.

Repeat 1 Time 20 Seconds Hold Complete 1 Set Perform 1 Time(s) a Day