

STRETCHING & STRENGTHENING EXERCISES

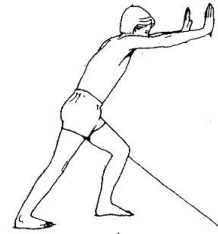
Below are some stretches and strengthening exercises to do over the next few weeks. If your ankle and foot feel fatigued, that's normal. But if the pain doesn't go away, stop doing the exercises and check back in with us to discuss your options.

SOLEUS STRETCH



Standing with both knees bent, toes forward, and the involved foot back (as pictured), gently lean into the wall until you feel your lower calf stretch. Hold for 30 seconds. Repeat 3 times, 3 times a day.

GASTROC STRETCH



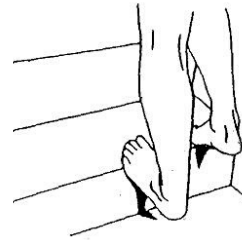
Keep your back leg straight, toes forward, and heel flat, lean into the wall until you feel your lower calf stretch. Hold for 30 seconds. Repeat 3 times, 3 times a day.

INTRINSIC MUSCLE STRETCH



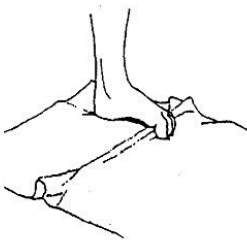
Sitting with one leg crossed over the other, pull toes up towards you until you feel it stretching. Hold for 30 seconds. Repeat 3 times, 3 times a day.

PLANTAR FASCIA STRETCH



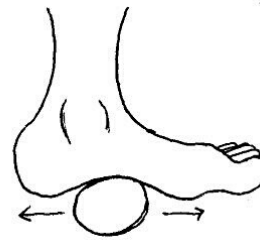
Standing with the ball of your foot on the edge of a stair (as pictured), move your heel towards the step below until you feel a stretch through the arch of your foot. Hold for 30 seconds. Repeat 3 times, 3 times a day.

SINGLE LEG TOE CURL STRENGTHENING



With your foot resting on a towel, slowly use your toes to bunch up the towel. Repeat 3 - 5 times, twice a day.

TENNIS BALL MASSAGE STRENGTHENING



While sitting on a chair, roll a tennis ball under your foot to massage the painful area. Perform for 1 minute, 3 times a day.