

*All exercises should be performed in a slow and controlled manner. Ensure to not hold your breath during exercise.

*Stretches are meant to feel like a gentle pull. Stretch in tolerable ranges.

1



Calf Stretch Towel (Time Based)

THIS IS A STRETCH with hold TIME: Sit with your legs straight out in front of you. Place a belt or towel around the ball of one foot. Pull on the belt to bend at the ankle, comfortably stretching that foot toward you. You should feel pulling behind the ankle and knee. Hold for specified time. Return to the starting position.

Repeats: 5 sets of 5 reps

Perform: 3x a day



2



Ankle Pumps (Time Based)

Lying down. Point and flex your foot to perform a pumping action with your knee straight, as if you were pushing on a gas pedal. Repeat.

Repeats: 2 sets of 5 reps

Perform: 3x a day



3



Ankle AROM Longsit Alphabets (Time Based)

Sitting with your leg extended in front of you, prop your ankle up some or off the edge of the bed, and draw full the alphabet with your big toe clockwise and then counter clockwise **WITHOUT** moving the rest of your leg. **JUST** move your foot and ankle. Do not do this fast. About 1 letter per second.

Repeats: 2 sets of 1 rep

Perform: 3x a day



4



Ankle AROM Supine Circles (Time Based)

On your back, prop your ankle up on the edge of the bed, and SLOWLY draw full circles with your big toe clockwise and then counter clockwise WITHOUT moving the rest of your leg. JUST move your foot and ankle.

Repeats: 2 sets of 5 reps

Perform: 3x a day



5



Ankle Dorsiflexion AROM (Bilateral) Seated (Time Based)

In a seated position, lift your toes up off the ground keeping your heels on the ground. Hold 2-3 seconds and slowly go back down. Repeat.

Repeats: 2 sets of 5 reps

Perform: 2x a day



6



Ankle Plantarflexion AROM Seated (Time Based)

While seated in a chair, push your foot downward using the muscles in the back of your calf. Hold 3 seconds. Return slowly. Repeat.

Repeats: 2 sets of 5 reps
Perform: 2x a day



7



Intrinsic Foot Towel Crunch (Time Based)

Place your affected foot on a towel or washcloth. Open your toes as wide as possible, grip onto the towel and crunch it up. Repeat.

Repeats: 2 sets of 5 reps
Perform: 2x a day



8



Toe Spreading Seated (Time Based)

Begin in a standing upright position with your feet shoulder width apart, looking down at your feet. Gently spread your toes apart to cause the arch of your foot to rise away from the ground. Make sure to keep your foot in contact with the ground.

Repeats: 2 sets of 5 reps

Perform: 2x a day



Please contact your provider with questions regarding your specific home exercise program.