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LOWER EXTREMITY STRETCHES

The below exercises are designed to help with your condition. Perform each for 1-2 minutes, 3 times a day.

CALF STRETCHES: STANDING

Designed to stretch your calf muscle and Achilles tendon, which is made up of 2 muscles: the gastrocnemius and the soleus. Place your hands against the wall and lunge. Your toes should be pointed straight ahead.

Stretch #1 (Gastrocnemius)

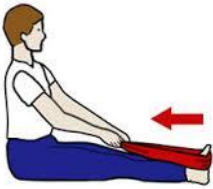
- While lunging, bend your front knee.
- Keep your heels on the floor.
- You should feel your calf stretch.



Stretch #2 (Soleus)

- While lunging, bend both of your knees.
- Keep both feet flat on the floor.
- The stretch will be towards your heel.

CALF & HAMSTRING STRETCHES: SITTING



- Sit with your affected leg in front of you. Wrap the middle of the TheraBand around the ball or arch of the affected foot, and hold the ends with your hands.
- Pull the ends of the band towards you until you feel a gentle stretch in your calf.
- For the added hamstring stretch, then raise the entire leg upwards while keeping your knee in a locked position.

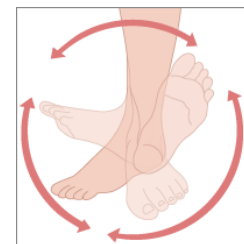
HAMSTRING STRETCHES: STANDING

- Your hamstrings are the muscles on the back of your thighs.
- Bring your leg onto an elevated surface, such as a low table and place your heel on the surface.
- While keeping the elevated leg straight, place your hands on your shin and lean forward.



ABC's

Designed to help improve your ankle range of motion. Using your toes as the guide, write the alphabet using your foot and rotating at your ankle, A through Z.



ANKLE ROTATIONS

- Designed to improve blood flow to your foot and stretch your ankle and leg
- While sitting, point your toes towards you. Do not move your knees.
- Rotate your ankles in a circular motion clockwise 10 times and then counterclockwise 10 times.

BALL OF FOOT STRETCH

- Designed to help stretch the front of your foot. You can use the Theraband or Mobi foot roller.
- Apply pressure with your foot in a back and forth motion from the toes to the ball of your foot.
- Also flex the ball of your feet and toes against the foot roller.

