



Plantar Fascia /Gastrocs

Sitting with one leg extended out in front, place towel under ball of foot. Gently pull foot back towards shin.

Sets:	
Reps:	3x
Weight:	
Hold:	30 sec
Rest:	
3 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

A rolled up towel, dog leash, neck tie or belt can be used to help perform this stretch. (DO NOT PERFORM THIS STRETCH TO A LEVEL THAT INCREASES YOUR PAIN)



Gastrocs - Step

Standing tall with ball of foot on edge of stair or block. Drop heel over edge to feel stretch in the calf.

Sets:	
Reps:	2x
Weight:	
Hold:	30 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Tibialis Anterior

Standing, place top of foot on floor behind you. Bend knees slightly. Pull as though you are dragging top of foot along floor to feel a stretch in the shin.

Sets:	
Reps:	2x
Weight:	
Hold:	30 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Ankle Pump - Supine

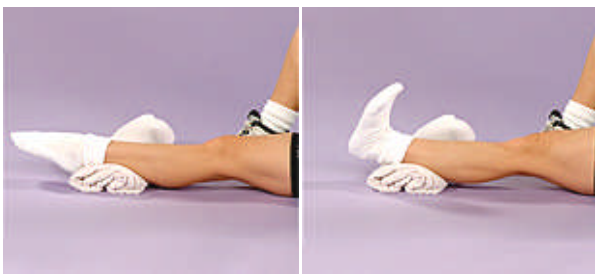
Lying on back with foot placed up on gym ball, chair, couch or elevated on cushions. Gently pump ankle back and forth. This exercise helps reduce inflammation in foot and ankle and also DVT.

Sets:	1
Reps:	20
Weight:	
Hold:	4 sec
Rest:	
4x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

This exercise can and should be done in sitting, especially during a long airplane ride.



Alphabet Ankle

Seated with leg out in front. Place towel under lower leg and relax ankle. Move ankle so as to draw the letters of the alphabet A,B,C... Try drawing both upright figure 8's and side lying 'lazy 8's in both directions.

Sets:	
Reps:	1 alphabet
Weight:	
Hold:	
Rest:	
3x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Toe Flexion / Grab

Seated, place marbles or other small objects on a towel on the floor. Use the toes to pick up the various objects. (Place objects in a bowl for storage, then use that bowl to place them in once you pick them up with your toes). The bowl should be plastic and not glass.

Sets:	1
Reps:	1 bag marbles
Weight:	
Hold:	
Rest:	
3 x/daily	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

Marbles are ideal but cotton balls, pencil erasers and other similiar objects can also be used. Marbles can be found locally at retail stores and drug stores.