



Soleus - Wall

Standing in a lunge position, supporting upper body against wall.
Keeping back foot heel on floor and knee slightly bent, bend front knee.
Shift body weight forward through pelvis to feel a stretch in the lower calf area.

Sets:	
Reps:	2x
Weight:	
Hold:	15 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:



Gastrocs - Wall

Standing in a lunge position, supporting upper body against wall.
Keeping back foot heel on floor and knee straight, bend front knee.
Shift body weight forward through pelvis to feel a stretch in the upper calf area.

Sets:	
Reps:	2x
Weight:	
Hold:	15 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:



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:	15 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:	15 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 Plantarflexion - Kneeling

From a hands and knees position, shift weight
back onto feet to stretch front of shins/ankles.

Sets:	
Reps:	2x
Weight:	
Hold:	15 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:



Foot Dorsiflexion

Sitting in chair, lift both feet up off floor keeping
heel on floor. Hold, lower and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

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: