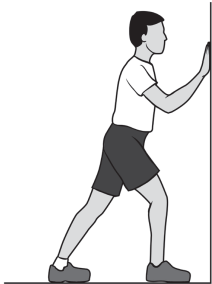


Foot and Ankle

STRETCHING EXERCISES

1. Heel Cord Stretch

Main muscles worked: Gastrocnemius-soleus complex



You should feel this stretch in your calf and into your heel

Step-by-step directions

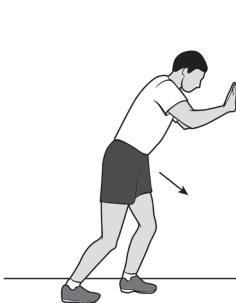
- Stand facing a wall with your unaffected leg forward with a slight bend at the knee. Your affected leg is straight and behind you, with the heel flat and the toes pointed in slightly.
- Keep both heels flat on the floor and press your hips forward toward the wall.
- Hold this stretch for 30 seconds and then relax for 30 seconds. Repeat.

Note: Do not arch your back.

2. Heel Cord Stretch with Bent Knee

Main muscles worked: Soleus

You should feel this stretch in your calf, the sides of your ankle, and into your heel



Step-by-step directions

- Stand facing a wall with your unaffected leg forward with a slight bend at the knee. Your affected leg is behind you, with the knee bent and the toes pointed in slightly.
- Keep both heels flat on the floor and press your hips forward toward the wall.
- Hold the stretch for 30 seconds and then relax for 30 seconds. Repeat.

Note: Keep your hips centered over both feet.