

## Foot and Ankle Conditioning Program



### Towel Curls

<b>Repetitions</b>	5
<b>Days per week</b>	Daily

**Main muscles worked:** Plantar flexors  
You should feel this exercise at the top of your foot and your toes

**Equipment needed:** Hand towel



#### Step-by-step directions

- Sit with both feet flat and place a small towel on the floor in front of you.
- Grab the center of the towel with your toes and curl the towel toward you.
- Relax and repeat.

**Tip** You can make this exercise more challenging by placing a weight on the edge of the towel.

The following 4 exercises should be performed  
4 days per week as: 10 repetitions, 2 sets

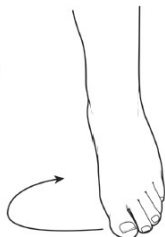
### Ankle Range of Motion

<b>Repetitions</b>	2 sets
<b>Days per week</b>	Daily

**Main muscles worked:** Dorsiflexors, plantar flexors, invertors, evertors  
You should feel this exercise at the top of your foot and throughout your ankle

**Equipment needed:** None

Spell Alphabet with Capital and Small Letters



#### Step-by-step directions

- Sit down so that your feet do not touch the floor.
- Use your foot to write each letter of the alphabet in the air. Lead with your big toe.

**Tip** Keep the movements small, using just your foot and ankle.

### Calf Raises

<b>Repetitions</b>	2 sets of 10
<b>Days per week</b>	6 to 7

**Main muscles worked:** Gastrocnemius-soleus complex  
You should feel this exercise in your calf

**Equipment needed:** Chair for support



#### Step-by-step directions

- Stand with your weight evenly distributed over both feet. Hold onto the back of a chair or a wall for balance.
- Lift your unaffected foot off of the floor so that all of your weight is placed on your affected foot.
- Raise the heel of your affected foot as high as you can, then lower.
- Repeat 10 times.

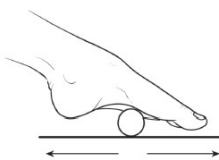
**Tip** Do not bend the knee of your working leg.

### Golf Ball Roll

<b>Repetitions</b>	1
<b>Days per week</b>	Daily

**Main muscles worked:** Plantar fascia ligament  
You should feel this exercise along the bottom of your foot

**Equipment needed:** Golf ball



#### Step-by-step directions

- Sit on a stable chair with both feet planted on the floor.
- Roll a golf ball under the arch of your affected foot for 2 minutes.

**Tip** Sit up tall and keep your foot toward your chair.

### Heel Cord Stretch with Bent Knee

<b>Repetitions</b>	2 sets of 10
<b>Days per week</b>	6 to 7

**Main muscles worked:** Soleus  
You should feel this stretch in your calf, the sides of your ankle, and into your heel

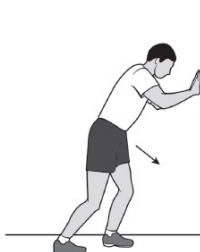
**Equipment needed:** None

Also do this exercise with the back leg straight.

#### 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.

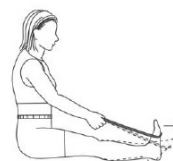
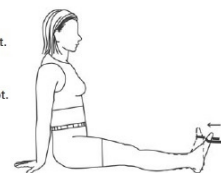
**Tip** Keep your hips centered over both feet.



## Ankle

### Ankle Dorsiflexion\*

- Sit on floor or couch with leg in front.
- Attach elastic to secure object in front of foot.
- Attach other end of elastic to forefoot.
- Pull foot backward toward shin.
- Slowly return and repeat.



### Ankle Plantarflexion\*

- Sit on floor or couch with leg in front.
- Hold elastic in hands.
- Attach other end of elastic to forefoot.
- Push foot forward.
- Slowly return and repeat.

### Ankle Inversion

- Attach elastic to secure object
- Sit on floor with leg straight.
- Attach elastic to forefoot.
- Pull foot inward as shown.
- Slowly return and repeat.



### Ankle Eversion

- Attach elastic to secure object
- Sit on floor with leg straight.
- Attach elastic to forefoot.
- Pull foot outward as shown.
- Slowly return and repeat.

\*Caution: User must wear suitable eye protection such as safety goggles during this exercise to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.

