



Home Physical Therapy – Functional Foot/Ankle



Standing Calf Stretch - Gastrocnemius

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a straight knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also, you can adjust the bend of the front knee to control the stretch as well. Video # VVNCZDYYG

Repeat 3 Times

Hold 1 Minute

Complete 1 Set

Perform 2 Times a Day



Standing Calf Stretch - Soleus

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a bent knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also, you can adjust the bend of the front knee to control the stretch as well. Video # VVGUVSTYG

Repeat 3 Times

Hold 1 Minute

Complete 1 Set

Perform 2 Times a Day



Standing Heel Raises – Double Leg

While standing, raise up on your toes as you lift your heels off of the ground. Video # VV446LPRP

Repeat 30 Times
Complete 2 Sets

Hold 1 Second
Perform 2 Times a Day



Standing Heel Raises – Single Leg

While standing on one leg, raise up on your toes as you lift your heel off of the ground. Video # VVEYPDP5X

Repeat 30 Times
Complete 2 Sets

Hold 1 Second
Perform 2 Times a Day



Single Leg Stance – SLS

Stand on one leg and maintain your balance.

Complete 3 Sets

Hold 1 Minute
Perform 2 Times a Day



Tandem Stance Balance

Stand and balance in tandem stance. Hold this position. Relax and repeat.

Duration 2 Minutes

Complete 2 Sets

Perform 2 Times a Day



Elastic Band Plantarflexion - Seated

While seated, use an elastic band attached to your foot and press your foot downward and forward.

Be sure to keep your heel in contact with the floor the entire time. Video # VVC8TFFE6

Repeat 20 Times

Complete 3 Sets

Perform 2 Times a Day



Elastic Band Dorsiflexion - Seated

While seated, use an elastic band attached to your foot and draw your foot upward.

Be sure to keep your heel in contact with the floor the entire time. Video # VVXYH25HE

Repeat 20 Times

Complete 3 Sets

Perform 2 Times a Day

Elastic Band Eversion – Seated

While seated, use an elastic band attached to your foot and draw your foot outward to the side.

Be sure to keep your heel in contact with the floor the entire time. Video # VVVVAL3PE

Repeat 20 Times

Complete 3 Sets

Perform 2 Times a Day



Elastic Band Inversion – Seated

While seated, use an elastic band attached to your foot and draw your foot inward.

Be sure to keep your heel in contact with the floor the entire time. Video # VV98P2UCL

Repeat 20 Times

Complete 3 Sets

Perform 2 Times a Day

