



Peroneal Tendonitis

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.

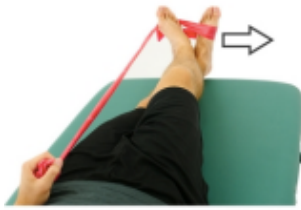
Move closer or further away from the wall to control the stretch of the back leg. Also, you can adjust the bend of the front knee to control the stretch as well. Video # VVGUVSTYG

Repeat 3 Times

Hold 1 Minute

Complete 1 Set

Perform 2 Times a Day



Elastic Band Inversion - Supine

Start by lying on your back and place a looped end of an elastic band around your target foot. Next, cross your legs so that the target leg is on the bottom and part of the elastic band is held down by the top foot. Hold the other end in your hand.

Next, move your target ankle so that the toes and foot move to the inside or toward your mid-line. Return to starting position and repeat. Video # VVDEE24XF

Repeat 30 Times
Complete 1 Set

Hold 1 Second
Perform 2 Times a Day



Elastic Band Eversion - Supine

Start by lying on your back and place a looped end of an elastic band around your target foot. Hold down the band with your other foot and then hold the other end in your hand.

Next, move your target ankle so that the toes and foot move to the side or away from your mid-line. Return to starting position and repeat. Video # VVYSBZSY5

Repeat 30 Times
Complete 1 Set

Hold 1 Second
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 # VVC8TFE6

Repeat 30 Times
Complete 1 Set

Hold 1 Second
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 30 Times
Complete 1 Set

Hold 1 Second
Perform 2 Times a Day



Eversion Isometric Bilateral - Crossed Legs

While sitting with your legs crossed press the sides of your feet together and hold as shown. Press, hold contraction, relax and repeat. Use a towel between feet if needed for comfort. Video # VVX4EURRW



Cold Pack

Apply a cold pack to the affected area.

Duration 10 Minutes
Complete 1 Set

Perform 3 Times a Day