

1

**#1 CALF STRETCH WITH TOWEL**

While in a seated position, place a towel under your leg, wrap it up and around your foot and grab it with your hands. Sit up straight and pull the towel towards you. You should feel a stretch in the bottom of your foot, your calf, and your hamstring.

Repeat 3 Times
Hold 20 Seconds
Perform 3 Time(s) a Day

I encourage my patients to sit up straight to stretch the hamstrings out as well.

2

**#2 STANDING CALF STRETCH - GASTROC**

While standing and leaning against a wall, place the foot of the affected leg back behind you and bend the front knee until a gentle stretch is felt on the back of the lower leg.

Repeat 3 Times
Hold 20 Seconds
Perform 3 Time(s) a Day

3

**#3 STANDING CALF STRETCH - SOLEUS**

While standing and leaning against a wall, place the foot of the affected leg back behind you and bend the front knee until a gentle stretch is felt on the back of the lower leg. Now gently bend your back knee until a stretch is felt in your Achilles tendon.

Repeat 3 Times
Hold 20 Seconds
Perform 3 Time(s) a Day

4

**#4 ANKLE PUMPS - AP**

Bend your foot up and down at your ankle joint as shown.

This is the very simplest form of active motion in the heel. This will be too easy for most but an appropriate starting point for some. Start here until this motion is pain-free and progress to exercise #5 as appropriate.

Repeat 30 Times
Complete 1 Set
Perform 2 Time(s) a Day

5

**#5 STANDING HEEL RAISES**

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

PROGRESS TO #6 AS PAIN ALLOWS

Repeat 10 Times
Hold 2 Seconds
Complete 3 Sets
Perform 1 Time(s) a Day

6

**#6 STANDING HEEL RAISES**

Stand on edge of a stair. Let your heels drop below the stair until a comfortable stretch is felt. Lift heels up slowly to higher than your toes, hold 3 sec, then slowly lower to start position. Stay within a comfortable range.

PROGRESS TO #7 AS PAIN ALLOWS

Repeat 10 Times
Hold 2 Seconds
Complete 3 Sets
Perform 1 Time(s) a Day

7

**#7 ECCENTRIC HEEL RAISES**

Stand at back edge of box or step. Raise up on both feet, lift one foot up, and SLOWLY lower down on the affected leg until your heel drops lower than the step.

Repeat 10 Times
Hold 2 Seconds
Complete 3 Sets
Perform 1 Time(s) a Day