

Long Sitting Calf Stretch with Strap



Sets: -- **Reps:** 3 **Resistance:** -- **Hold:** 30 seconds **Rest:** -- **Times Per Day:** 2 **Times Per Week:** 4-5

Description: Starting Position: Begin seated on a plinth or on the ground on a yoga mat. Have both legs straight out in front of you with your feet and toes pointed up toward the ceiling. Place a towel or stretching strap around the sole of your foot. Movement: Grasp the towel or strap at both ends and pull gently towards you until you feel a stretch in your calf. Hold as directed. Repeat as directed. Tip: Make sure that your knee is not hyperextending as you perform this stretch. If you do have hyperextension, place a towel roll under your ankle and then perform the same stretch.

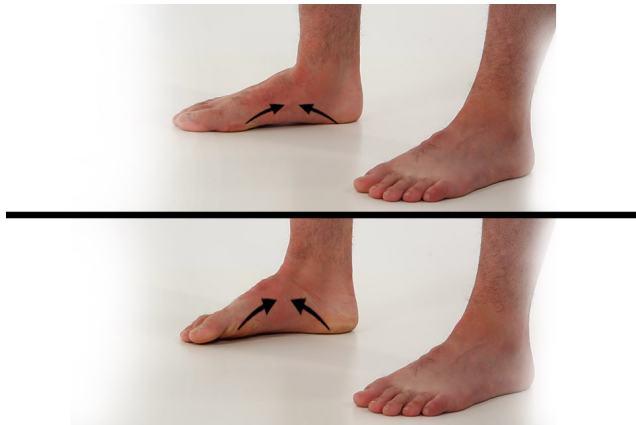
Ankle Alphabets



Sets: 1-2 **Reps:** -- **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** 2 **Times Per Week:** 4-5

Description: While sitting in a chair, lift your foot off the floor. With the foot lifted, begin tracing the alphabet in all upper case letters with your foot, making sure to keep the leg still. Repeat as directed.

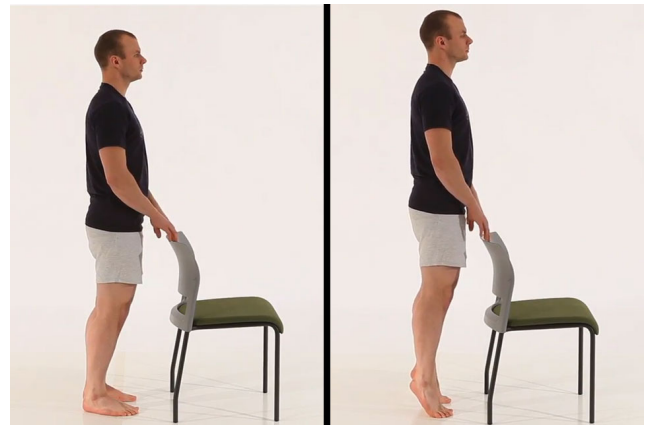
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Sets: -- **Reps:** 10-15 **Resistance:** -- **Hold:** 5-10 seconds **Rest:** -- **Times Per Day:** 2 **Times Per Week:** 4-5

Description: Starting Position: Standing barefoot flat on the floor. Movement: Keep ball of foot on the ground and actively try to increase the height of your arch without curling your toes. Return to the starting position. Repeat as prescribed. Tip: Do not lift any part of your foot off the ground.

Heel Raise



Sets: -- **Reps:** 10-15 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** 2 **Times Per Week:** 4-5

Description: Begin by standing in front of a stable surface. Gently lift both heels of the ground and push up onto your toes keeping your knees straight. When fully lifted, slowly lower your heels back to the ground. Repeat as directed.

Single Leg Balance



Sets: 2-3 **Reps:** -- **Resistance:** -- **Hold:** 10-30 **Rest:** -- **Times Per Day:** 2 **Times Per Week:** 4-5

Description: Start in a standing position with your feet shoulder width apart. Place your hand on a chair to help maintain your balance and shift your weight to stand on one leg. Next, remove your hand from the chair and maintain your balance in this position as directed by your therapist. Use the chair as needed to prevent losing your balance.

Standing Ankle Stretch on Step



Sets: -- **Reps:** 10-15 **Resistance:** -- **Hold:** 5-10 seconds **Rest:** -- **Times Per Day:** 2 **Times Per Week:** 4-5

Description: Stand facing a step and place the leg to be exercised flat on the step. Slowly shift your weight onto the leg while bending the knee until you feel a stretch in the ankle. Hold as directed.