

Ankle / Foot Stretches

Created by Steve Knighton



SEATED CALF STRETCH - SOLEUS

While sitting, use a towel or other strap looped around your foot. Gently pull your ankle back until a stretch is felt along the back of your lower leg.

Your knee should be slightly bent the entire time.

Repeat **1 Time**
Hold **20 Seconds**
Complete **1 Set**
Perform **1 Time(s) a Day**



SEATED CALF STRETCH - GASTROC

While sitting, use a towel or other strap looped around your foot. Gently pull your ankle back until a stretch is felt along the back of your lower leg.

Repeat **1 Time**
Hold **20 Seconds**
Complete **1 Set**
Perform **1 Time(s) a Day**



STANDING CALF STRETCH - GASTROC

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

Your back knee should be straight the entire time.

Repeat **1 Time**
Hold **20 Seconds**
Complete **1 Set**
Perform **1 Time(s) a Day**



STANDING CALF STRETCH - SOLEUS

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

Your back knee should be bent the entire time.

Repeat **1 Time**
Hold **20 Seconds**
Complete **1 Set**
Perform **1 Time(s) a Day**



INVERSION STRETCH

While seated, cross your legs so that the affected leg is on top.

Next, hold your foot and pull upwards until a stretch is felt along the side of your ankle.

Repeat **1 Time**
Hold **20 Seconds**
Complete **1 Set**
Perform **1 Time(s) a Day**



EVERSION STRETCH

While seated, cross your legs so that the affected leg is on top.

Next, hold your foot and push downward until a stretch is felt along the inner side of your ankle.

Repeat **1 Time**
Hold **20 Seconds**
Complete **1 Set**
Perform **1 Time(s) a Day**



GREAT TOE EXTENSION STRETCH

While seated, cross your legs so that the affected leg is on top.

Next, bend your big toe back with your fingers until a stretch is felt in your toe and or bottom of your foot.

Repeat **1 Time**
Hold **20 Seconds**
Complete **1 Set**
Perform **1 Time(s) a Day**



MTP EXTENSION STRETCH

While standing, place your toes on the floor so that they bend upwards.

Next, press down until a stretch is felt in the toes and or along the bottom of your foot.

Repeat **1 Time**
Hold **20 Seconds**
Complete **1 Set**
Perform **1 Time(s) a Day**
