**Ankle/Foot Exercises:** **March 24, 2021**

**Calf stretching: Go gently especially at first! No Muscle cramping!**

Initially do a slow stretch with strap-pull up for 3 counts/slowly release for 2 counts and repeat. Up to 5 reps.

Using a stretching strap-in seated, lying or long sitting with knees straight

Work up to a 90 second stretch-one leg at a time

May use a calf stretching board-many available on line.

Runner’s Lunge stretch-maintain for 90 seconds each and the together for 90 seconds

Advanced: Hanging heels off a step-90 seconds if possible. Hold railing!

**Dorsiflexion strengthening:**

Theraband around forefoot with loop anchored to heavy furniture or held by helper. Also see picture and instruction on next page. Bands are available on-line, Walmart carries them sometimes or from your PT.

Seated or Standing heel/toe raises- go for endurance. Count your reps and advance cautiously to avoid tendonitis. Slow movement is better. Hold for 3 counts. Release slowly.

Alternating foot tapping in seated or standing-work at different speeds

Mindful gait practice on flat and uneven surfaces. Try to land on heel, feel the floor through your midfoot, push off form big toe side of foot.

“Draw the alphabet” with your foot with special attention to the directions that are most difficult. Do this in sitting.

Start tiny! One or two exercises. Pick a consistent time to do it. Celebrate your accomplishment! **“I change best by feeling good, not by feeling bad”**