

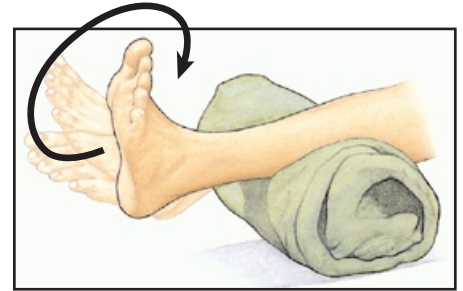


Foot and Ankle Exercises

These exercises are designed to stretch and strengthen your feet and ankles. Before beginning an exercise, read through all its instructions. While exercising, breathe normally and don't bounce. If you feel any pain, stop the exercise. If pain persists, inform your health care provider.

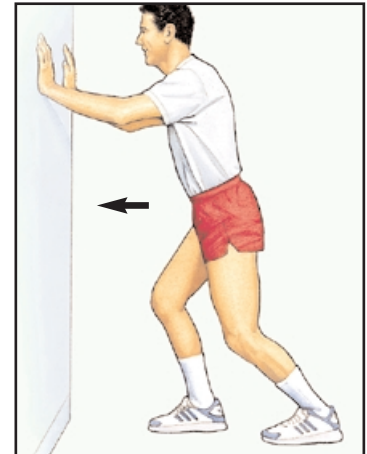
Ankle Circles

- Sit straight-legged on the floor or other firm surface.
- Resting your _____ calf on a rolled-up towel, use your foot to draw circles in both directions or write the letters of the alphabet in the air.
- Continue for _____ seconds. Do _____ times a day.



Bent-Knee Calf Stretch

- Stand an arm's length away from a wall. Place the palms of your hands on the wall. Step forward about 12 inches with your _____ foot.
- Keeping toes pointed forward and both heels on the floor, bend both knees and lean forward. Hold for _____ seconds. Relax.
- Repeat _____ times. Do _____ sets a day.



Standing Calf Raise

- Stand, using a sturdy counter for balance only. Lift your _____ foot so you're standing on the other foot.
- Rise up on your toes, then lower back onto your heel.
- Repeat _____ times. Do _____ sets a day.



Notes