



### ANKLE CIRCLES

Move your ankle in a circular pattern one direction for several repetitions and then reverse the direction.

Do this in a pain free range



### ANKLE PUMPS - AP

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

Do this in a pain free range.



### SEATED HEEL RAISE - CALF RAISE - BILATERAL

While seated in a chair, place your feet on the floor. Next, press down with your forefoot and toes to raise your heels up off the floor. Lower your heels back down and repeat. Keep your toes on the ground the entire time.



### TOES RAISES - DORSIFLEXION - BILATERAL

Sit in a chair with your feet flat on the ground.

Next, raise up both forefeet and toes as shown as you bend at your ankle. Keep your heels on the ground the entire time. If this is difficult, slide your feet forward and try again.

### STANDING CALF STRETCH - GASTROCNEMIUS

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a straight knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well.

