



## FOOT AND ANKLE CONDITIONING PROGRAM

### Stretching Exercises

#### 1. Heel Cord Stretch



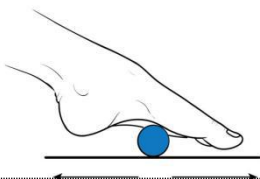
- Facing a wall, stand with your unaffected leg forward, bending your knee slightly. Your affected leg should be straight and behind you, keeping the heel flat and the toes slightly pointed inwards.
- With both heels flat on the floor, press your hips forward towards the wall.
- Hold this stretch for 30 seconds. Then relax for 30 seconds.
- Repeat.

#### 2. Heel Cord Stretch with Bent Knee



- With your unaffected leg forward facing the wall, slightly bend at the knee. The affected leg should be behind you, with the knee bent and the toes slightly pointed inwards.
- Keeping both the heels flat on the floor, press your hips forward toward the wall.
- Hold the stretch for 30 seconds. Then relax for 30 seconds.
- Repeat.

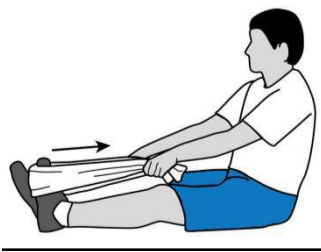
#### 3. Golf Ball Roll



- Sit comfortable on a chair with both feet planted on the floor.
- For 2 minutes, roll a golf ball under the arch of your affected foot.



#### 4. Towel Stretch



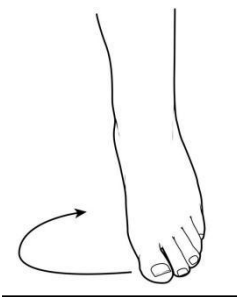
- Sit on the floor. Both legs should be out in front of you.
- Loop a towel around the ball of your affected foot and grasp the ends of the towel in your hands.
- Keeping your affected leg straight, pull the towel toward you.
- Hold in this position for 30 seconds. Then relax for 30 seconds.
- Repeat thrice.

#### 5. Calf- Raises



- Stand straight with your weight evenly distributed over both feet. Hold onto the back of a chair or a wall for balance.
- Lift your unaffected foot away from the floor, so that your complete weight is placed on your affected foot.
- Raise the heel of your affected foot as much as you can, before you lower it.
- Repeat this about 10 times.

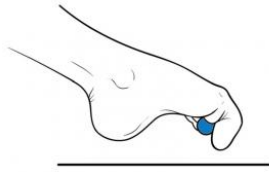
#### 6. Ankle Range of Motion



- Sit down, in such a way that your feet does not touch the floor.
- Using your foot, write each alphabet in the air. Lead with your big toe.

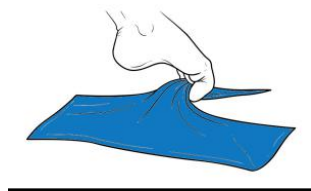


## 7. Marble Pick-up



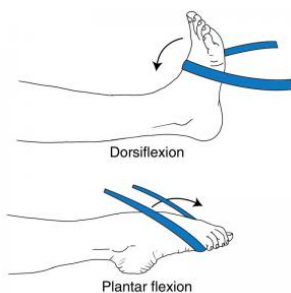
- Sit with both feet flat, with 20 marbles placed on the floor in front of you.
- Using your toes, pick up one marble at a time, and place them into a bowl.
- Repeat this exercise till you have picked up all the marbles.

## 8. Towel Curls



- Sit with both feet flat. Place a small towel on the floor in front of you.
- Using your toes, grab the center of the towel, and curl the towel toward you.
- Relax a bit and repeat it.

## 9. Ankle Dorsiflexion/Plantar Flexion



- Sit on the floor. Place your legs straight out in front of you.
- For dorsiflexion, anchor the elastic band on a table leg, then wrap it around your foot.
- Pull your toes toward you and slowly return to the start position. Repeat 10 times.
- For plantar flexion, wrap the elastic band around your foot and hold the ends in your hand.
- Slowly return to the start position, gently pointing your toes. Repeat 10 times.