

Exercise Program for:

Prepared by:

## HOME EXERCISE PROGRAM FOR FOOT AND ANKLE CONDITIONING

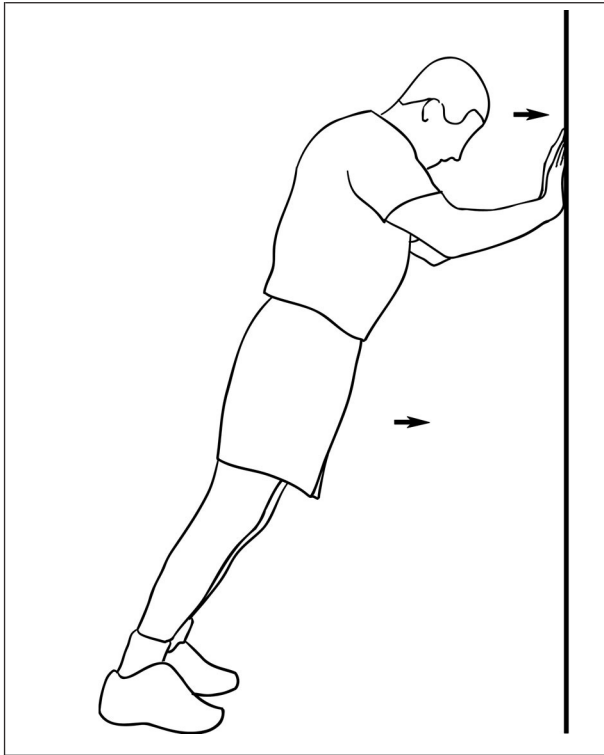
Stretching and Strengthening Exercises for the Foot and Ankle

Exercise	Muscle Group	Number of Repetitions/Sets	Number of Days per Week	Number of Weeks
<b>Stretching</b>				
Heel cord stretch	<i>Knee straight:</i> Gastrocnemius <i>Knee bent:</i> Soleus	4 to 5 repetitions/2 to 3 sets	Daily	6 to 8
<b>Strengthening</b>				
Calf raises	Gastrocnemius-soleus complex	10 repetitions/3 sets	3	6 to 8
Ankle curls	Anterior tibialis	10 repetitions/3 sets	3	6 to 8
Ankle eversion/inversion	Posterior tibialis Peroneus longus Peroneus brevis	10 repetitions/3 sets	3	6 to 8

### Toe Strengthening Program

Exercise	Recommended for	Repetitions or Duration
Toe squeeze	Hammer toes, toe cramps	10
Big toe pulls	Bunions, toe cramps	10
Toe pulls	Bunions, hammer toes, toe cramps	10
Golf ball roll	Plantar fasciitis, arch strain, foot cramps	2 minutes
Marble pick-up	Pain in ball of foot, hammer toes, toe cramps	Until all marbles have been picked up
Towel curls	Hammer toes, toe cramps, pain in ball of foot	5

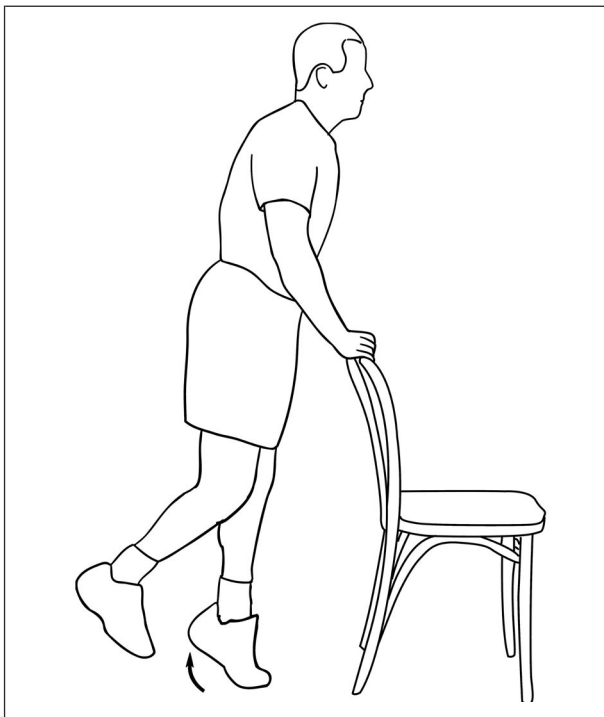
## STRETCHING EXERCISE



### HEEL CORD STRETCH

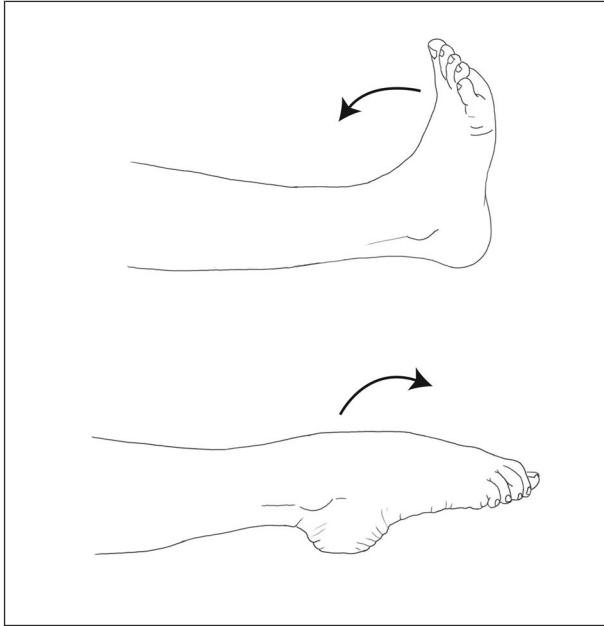
Support yourself against a wall with your feet pointed straight ahead. *Stretch with knee straight:* Keeping the heel in contact with the ground and the knee straight, place the foot as far back as possible until a stretch is felt in the calf. *Stretch with knee extended:* Same position but bend the knee of the leg being stretched. Hold the stretch for 30 seconds, then relax for 30 seconds. Repeat on the other side. Perform 2 to 3 sets of 4 to 5 repetitions of each exercise.

## STRENGTHENING EXERCISES



### CALF RAISES

Stand with your weight evenly distributed over both feet. Hold onto the back of a chair or the wall for balance. Lift one foot so that all your weight is on the other foot. Then lift the heel off the floor as high as you can. Repeat on the other side. Work up to 3 sets of 10 repetitions.



## ANKLE CURLS

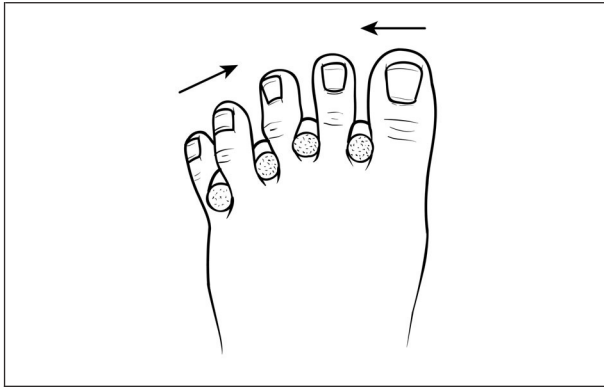
Find a position where your weight is off your feet, such as lying on a bed or on the floor or seated on a chair. Pull your toes toward you and then extend them as far as possible. Perform 2 to 3 sets of 10 repetitions.



## ANKLE EVERSION/INVERSION

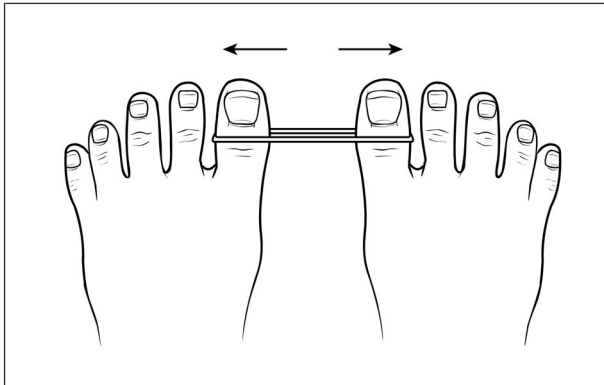
Find a position where your weight is off your feet, such as lying on a bed or on the floor or seated on a chair. Slowly move your foot from side to side, keeping the lower leg motionless and moving only at the ankle. Perform 2 to 3 sets of 10 repetitions.

## TOE STRENGTHENING EXERCISES



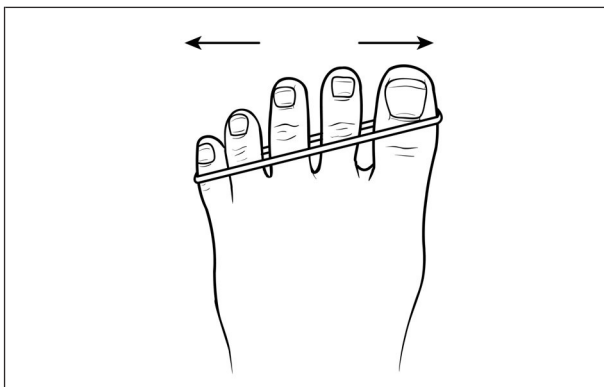
### TOE SQUEEZE

Place small sponges or corks between the toes and hold a squeeze for 5 seconds. Repeat 10 times.



### BIG TOE PULLS

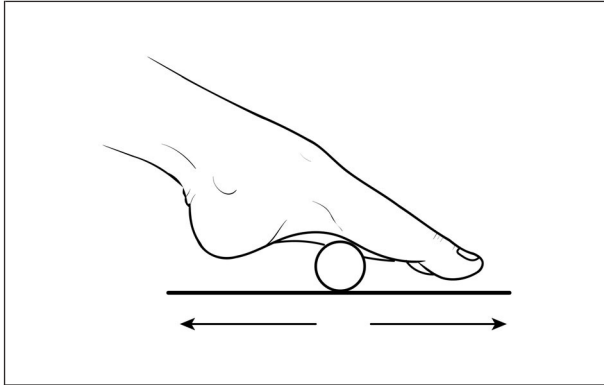
Place a thick rubber band around both big toes and pull the big toes away from each other and toward the small toes. Hold for 5 seconds. Repeat 10 times.



### TOE PULLS

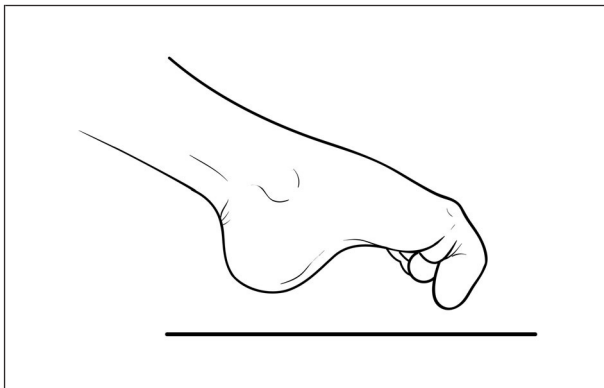
Put a thick rubber band around all your toes and spread them. Hold this position for 5 seconds. Repeat 10 times.

Figures adapted from Brochure: *Bunion Surgery*. Rosemont, IL, American Academy of Orthopaedic Surgeons, 1995.



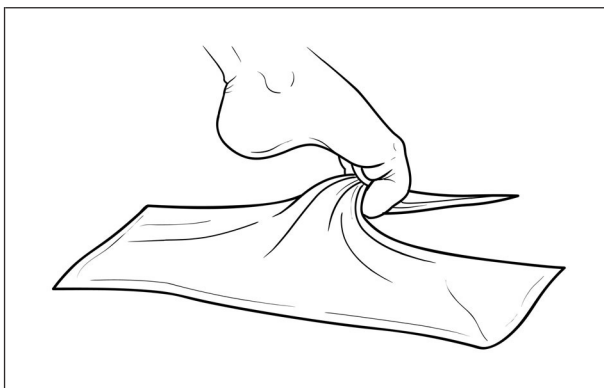
## GOLF BALL ROLL

Roll a golf ball under the ball of your foot for 2 minutes to massage the bottom of the foot.



## MARBLE PICK-UP

Place 20 marbles on the floor. Pick up one marble at a time and put it in a small bowl. Repeat until you have picked up all 20 marbles.



## TOWEL CURLS

Place a small towel on the floor and curl it toward you, using only your toes. You can increase the resistance by putting weight on the end of the towel. Relax and repeat 5 times.

Figures adapted from Brochure: *Bunion Surgery*. Rosemont, IL, American Academy of Orthopaedic Surgeons, 1995.