

Calf, Ankle & Foot Exercises & Stretches

Please Note: If exercises or stretches become painful, reduce the intensity and/or frequency. If pain continues, stop your exercises and consult your Physiotherapist as soon as possible.

AF-1 CALF PUMPS / ROM



- **Point (flex) your toes and foot as far as possible and then extend your toes and foot back as far as possible.**
- Repeat this in an alternating flex/extend pattern to create a pumping motion.
- If you experience pain, only move within a pain free range.
- *Prompts:*

Reps	Sets	p/Day	p/Week

AF-2 TOWEL STRETCH



- Extend your toes and foot back as far as possible.
- **Wrap a large towel around the sole of your foot and pull your foot further backwards with the aid of the towel to stretch the back of the calf**
- Hold the stretch for _____ secs.
- *Prompts:*

Reps	Sets	p/Day	p/Week

AF-3 FOOT SCRUNCHES



- *This exercise can be done in sitting or lying.*
- Place a piece of tissue or paper (or other material recommended by your therapist) on the floor.
- **Grab the centre of the paper with your toes and try to lift the paper off the floor, using only your toes.**
- Cramping can occur if your foot muscles are very weak. If persistent cramping occurs, do not attempt to lift the paper off the floor. Simply grab it in between your toes and release.
- *Prompts:*

Reps	Sets	p/Day	p/Week

AF-4 GASTROC STRETCH



- Place ball of foot on rolled towel or roller
- Keep weight down through heel
- Straighten knee and clench quads
- **Drop weight down onto heel as though your heel is moving into the ground**
- **Move hip forward over foot and keep knee straight**
- **Repeat with the other side if instructed, do more on tighter side**
- *Prompts:*

Reps	Sets	p/Day	p/Week

AF-4 SOLEUS STRETCH



- Place ball of foot on rolled towel or board
- Keep weight down through front of foot
- **Bend knee and push forward**
- **Move hip forward over foot and push forward with the back leg**
- **Repeat with the other side if instructed, do more on tighter side**
- *Prompts:*

Reps	Sets	p/Day	p/Week

AF-6 PLANTAR ROLLER



- Use a chilled/frozen bottle. Glass works better than plastic!
- **Roll the bottle under the arch of your foot, using as much pressure as desired.**
- *Prompts:*

Reps	Sets	p/Day	p/Week



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AF-7 ECC. CALF RAISES



- Start position: standing on the floor
- Rise up onto your toes (or as high as you can possibly rise)
- **Transfer your weight onto the affected leg**
- **Slowly** lower to the start position.
- Rise up again using both legs
- *Progression: Use a step
Use one leg only
Use weights*
- *Prompts:*

Reps	Sets	p/Day	p/Week

AF-8 THERABAND INV/EV



- Lying on the floor– tie a band around your foot and to a **fixed** object
- The picture above shows the foot moving in an outwards direction i.e. turning the sole of the foot away from the opposite leg
- Re-arrange your position so that the band is now offering resistance in an inwards direction (i.e. Turn around and face the other way). Move the sole of your foot inwards towards the opposite leg.
- *NB– Do not let your whole leg roll in or out. Fix your knee and keep it still, the movement comes from the ankle alone.*

Reps	Sets	p/Day	p/Week

AF-9 WOBBLE / BOSU



- *Set neutral, breathing and tummy*
- **Stand on one leg on wobble board or BOSU**, keep your pelvis level
- Gently activate / clench your buttock
- **Slowly raise the opposite leg to 90°, being careful not to let your pelvis drop on one side or your body move to compensate.**
- Balance for _____ secs
- *Prompts:*

Reps	Sets	p/Day	p/Week

AF-10 STEP DOWNS/BOSU



- *Set neutral, breathing and tummy*
- **Standing on one leg, slowly step backwards, being at the knee and HIP.** Keep your bodyweight over your foot.
- Don't put weight through the back foot, only tap the floor and return. Keep your pelvis level and don't let your knee roll inwards.
- **PROGRESSION: Stand on BOSU**
- *Prompts:*

Reps	Sets	p/Day	p/Week

AF-11 BOSU SIDE STEPS



- **Side step onto BOSU , stepping on and off**
- Aim for 3/4 up on the BOSU
- **Keep your spine in neutral and bend at your hips**
- DON'T let your knee roll in or your pelvis drop
- **PROGRESSION: Jump onto the BOSU—'Stick' the landing**
- *Prompts:*

Reps	Sets	p/Day	p/Week

AF-12 HOPPING GRID



- *Recommended: draw or stick down a grid in a vertical and horizontal direction.*
- Assume the start position as for step downs and position yourself in the middle of the grid.
- Hop forwards, backwards, side to side as directed by your therapist
- **Avoid loud or heavy landings.**
- **Ensure your knee stays in neutral—don't let your knee come inwards towards your big toe.**
- Keep your body weight over the front of your foot.:

Reps	Sets	p/Day	p/Week