
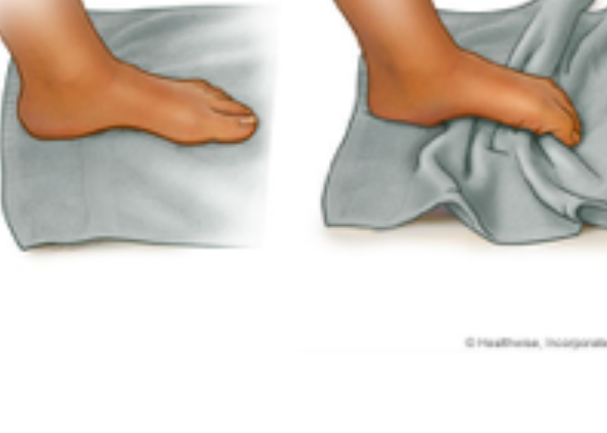


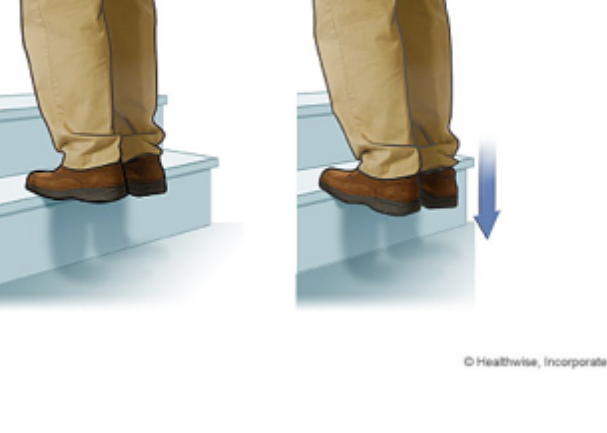


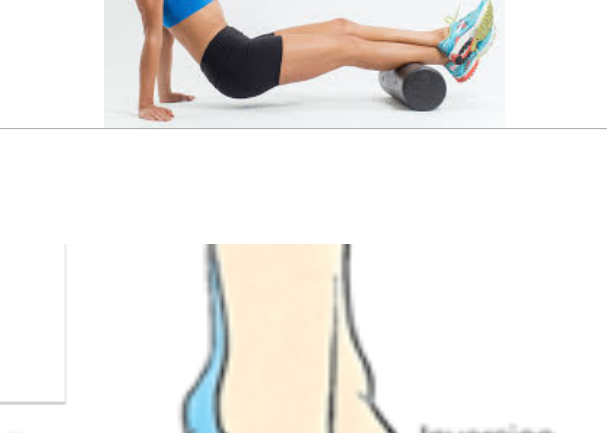
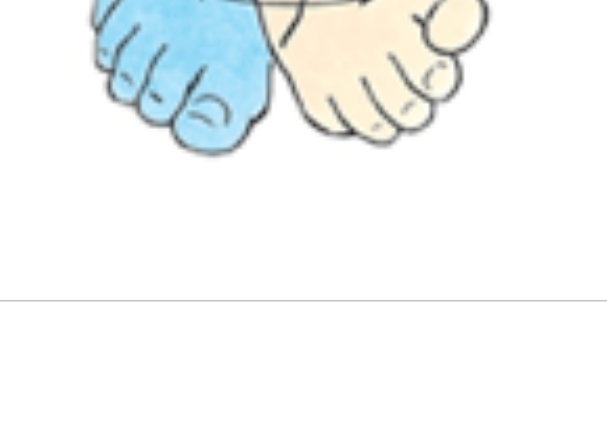
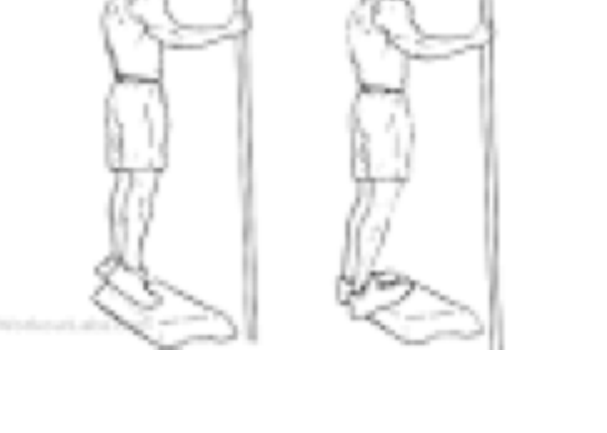

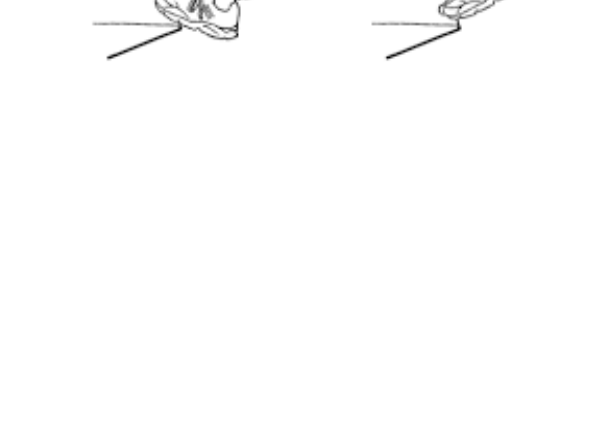


Lower Leg Exercises

Do Checked Exercises **STOP IF YOU HAVE PAIN**

You can do these daily

Exercise	Description	Picture
<u>Marble pickups for strengthening</u>	Put marbles on the floor next to a cup. Using your toes try to lift the marbles up from the floor and put them in the cup.	
<u>Towel curls for strengthening</u>	For the towel curl exercise: While sitting, place your foot on a towel on the floor and scrunch the towel toward you with your toes. Then, also using your toes, push the towel away from you. Make this exercise more challenging by placing a weighted object, such as a soup can, on the other end of the towel.	
<u>Toe stretch</u>	For the toe stretch exercise for the bottom of the foot: Sit in a chair, and extend your affected leg so that your heel is on the floor. With your hand, reach down and pull your big toe up and back. Pull toward your ankle and away from the floor. Hold the position for at least 15 to 30 seconds. Repeat 2 to 4 times a session, several times a day.	
<u>Calf stretch -Two Types- Leg Straight and Leg bent</u>	This exercise stretches the muscles at the back of the lower leg (the calf) and the Achilles tendon. Do this exercise 3 or 4 times a day, 5 days a week. To do this stretch: Stand facing a wall with your hands on the wall at about eye level. Put the leg you want to stretch about a step behind your other leg. Keeping your back heel on the floor, bend your front knee until you feel a stretch in the back leg. Hold the stretch for 15 to 30 seconds. Repeat 2 to 4 times. Repeat the exercise with the back knee bent a little, still keeping your back heel on the floor. This will stretch a different part of the calf muscles.	
<u>Plantar fascia and calf stretch</u>	Stretching the plantar fascia and calf muscles can increase flexibility and reduce heel pain. You can do this exercise several times each day and before and after activity. Stand on a step as shown above. Be sure to hold on to the banister. Slowly let your heels down over the edge of the step as you relax your calf muscles. You should feel a gentle stretch across the bottom of your foot and up the back of your leg to your knee. Hold the stretch about 15 to 30 seconds, then tighten your calf muscle a little to bring your heel back up to the level of the step. Repeat 2 to 4 times.	
<u>Towel stretch</u>	For the towel stretch exercise: Place a rolled towel under the ball of your foot, holding the towel at both ends. Gently pull the towel toward you while keeping your knee straight. Hold this position for 15 to 30 seconds. Repeat 2 to 4 times. Also try this same stretch wrapping towel around toes.	
<u>Myofascial Release Foot</u>	Use a Frozen Water Bottle or rolling pin or tennis ball. While seated, roll the rolling pin or ball with the arch of your foot. If you are able to, progress to doing this exercise while you are standing up.	
<u>Myofascial Release Calf</u>	Use a foam roller or rolling pin or tennis ball to roll out the calf musculature.	
<u>Eversion Band Exercise</u>	Band Exercises -See trainer on how to do these exercises. Requires band to be wrapped around feet. Perform inversion and eversion exercises with band. Especially do eversion with band. Try to do 20-30 reps for 1-3 sets.	
<u>Plantarflexion-Heel Raises</u>	Heel raises -Heel raises strengthen several of the lower leg muscles that support the arch. This is an exercise that can be performed in many variations. The variation shown is done standing on both legs with hands placed on a wall for balance. The focus is on lifting the heels as high off the ground as possible while keeping the big toes pressed into the floor. Progress to doing this exercise one leg at a time.	
<u>Dorsiflexion-Toe Raises</u>	As you progress do off of step or board. As you progress further try one leg at a time Try to do 20-30 reps for 1-3 sets before progression to the next progression exercise (Progression: double leg, double leg off step, single leg off step).	
<u>Eccentric-Calf Strengthening</u>	Eccentric calf strengthening : Stand behind a chair or counter with your feet flat on the floor. Using the chair or counter as a support to help you, raise your body up onto your toes and hold for 5 seconds. Then slowly lower yourself down with your injured leg only. (It's OK to keep holding onto the support if you need support.) Repeat 15 times. Do 2 sets of 15. Rest 30 seconds between sets. You can progress by having ball of foot on a step or board to increase the downward motion.	
<u>Ankle Impingement Video</u>	In this video Dr. Jo explains ankle exercises that might help with impingement.	