



TOWEL SLIDES - EVERSION

While seated, use a towel and slide it with your foot across the floor in an outward direction.

Be sure to keep your heel in contact with the floor the entire time.

Repeat 10 Times

Complete 3 Sets

Perform 2 Time(s) a Day



TOWEL SLIDES - INVERSION

While seated, use a towel and slide it with your foot across the floor in an inward direction.

Be sure to keep your heel in contact with the floor the entire time.

Repeat 10 Times

Complete 3 Sets

Perform 2 Time(s) a Day



TOE FLEXION AND EXTENSION

Curl your toes downward then upward and repeat. Use controlled movements.

Repeat 10 Times

Complete 3 Sets

Perform 2 Time(s) a Day



CALF STRETCH WITH TOWEL ROLL CALF

(Stretch with Foot on TOWEL ROLL)

Place the toes of the involved foot up in dorsiflexion position on a wedge or towel roll.

Keep the heel of the involved foot on the floor while stepping forward with the opposite leg. A stretch should be felt in the calf of the involved leg.

Step back with the opposite leg and repeat stepping forward.

Repeat 2 Times

Hold 30 Seconds

Complete 3 Sets

Perform 2 Time(s) a Day



ANKLE PUMPS - AP

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

This can also be performed while sitting in a chair any number of times a day.

Repeat 30 Times

Complete 3 Sets

Perform 2 Time(s) a Day



TOWEL CURLS

While seated, use a towel and draw it back towards you using your toes.

Curl your toes inward.

Be sure to keep your heel in contact with the floor the entire time.

Repeat 10 Times

Complete 3 Sets

Perform 2 Time(s) a Day