

Prepared for: _____

Prepared by: _____

Home Exercise Program for Foot and Ankle Conditioning

- Performing active warm-up exercises prior to athletic activities is important for optimal neuromuscular control and for maintaining normal range of motion.
- Before beginning the conditioning program, warm up the muscles of the lower extremities by riding a stationary bicycle or jogging for 10 minutes and performing leg swings as follows: While standing, swing one leg forward/backward 10 times and then side-to-side 10 times. Repeat with the opposite leg. Place one hand against a wall for balance if needed.
- Perform the exercises indefinitely or as directed by your physician. Contact your physician if the exercises cause pain.

Strengthening and Stretching Exercises for the Foot and Ankle

Exercise	Muscle Group	Number of Repetitions/Sets	Number of Days per Week
Strengthening			
Calf raises	Gastrocnemius-soleus complex	10 repetitions/3 sets	3
Ankle dorsiflexion/plantar flexion	Anterior tibialis Gastrocnemius-soleus complex	10 repetitions/3 sets	3
Ankle eversion/inversion	Posterior tibialis Peroneus longus and peroneus brevis	10 repetitions/3 sets	3
Stretching			
Heel cord stretch	Knee straight: Gastrocnemius Knee bent: Soleus	4 to 5 repetitions/ 2 to 3 sets	Daily

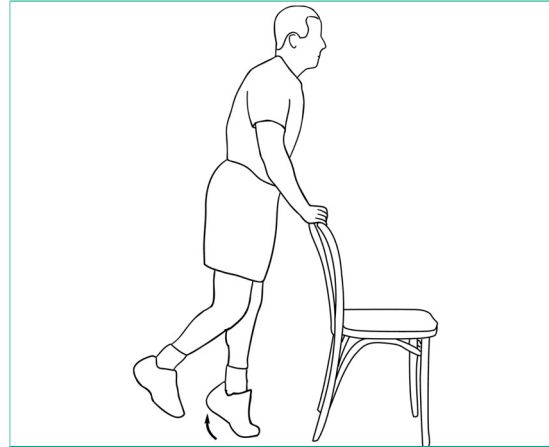
Toe Strengthening Program

Exercise	Recommended For	Repetitions or Duration	Number of Days Per Week
Toe squeeze	Hammer toes, toe cramps	10 repetitions	Daily
Big toe pulls	Bunions, toe cramps	10 repetitions	Daily
Toe pulls	Bunions, hammer toes, toe cramps	10 repetitions	Daily
Golf ball roll	Plantar fasciitis, arch strain, foot cramps	2 minutes	Daily
Marble pickup	Pain in ball of foot, hammer toes, toe cramps	Until all marbles have been picked up	Daily
Towel curls	Hammer toes, toe cramps, pain in ball of foot	5 repetitions	Daily

Strengthening Exercises

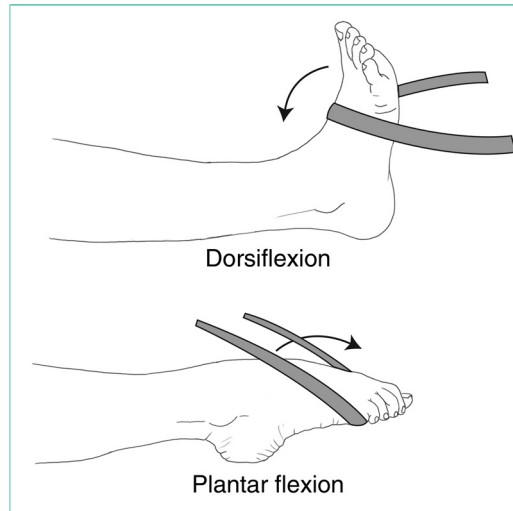
Calf Raises

- 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.
- Perform the exercise 3 days per week.



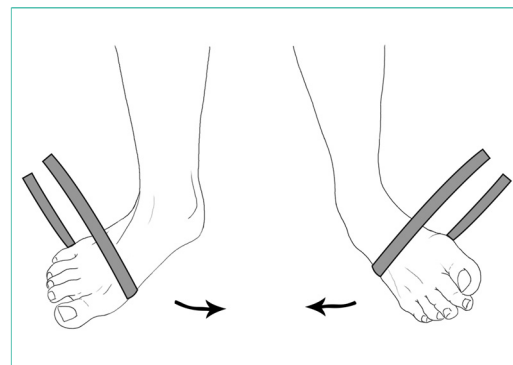
Ankle Dorsiflexion/Plantar Flexion

- Find a position where your weight is off your feet, such as lying on a bed or on the floor with your legs straight out in front of you.
- For dorsiflexion, wrap an elastic band or tubing around your foot and anchor the other end to a door or bedpost or have someone hold it. Pull your toes toward you; then return slowly to the starting position. Repeat 10 to 15 times.
- For plantar flexion, wrap an elastic band or tubing around your foot and hold the other end in your hand. Gently point your toes; then return slowly to the starting position. Repeat 10 to 15 times.
- Perform 3 sets of 10 repetitions; 3 days per week.



Ankle Eversion/Inversion

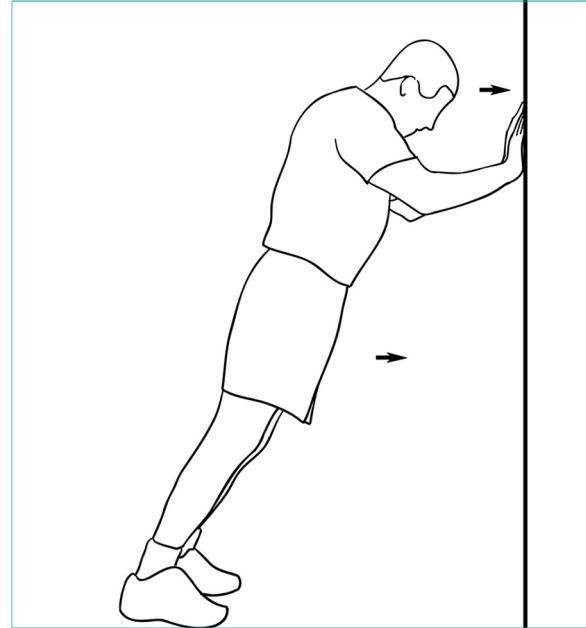
- Find a position where your weight is off your feet, such as lying on a bed or on the floor with your legs straight out in front of you.
- For inversion, wrap an elastic band or tube around the inside of your foot and anchor the other end to a door or bedpost or have someone hold it. Pull your foot inward against the resistance; then return slowly to the starting position. Repeat 10 to 15 times.
- For eversion, wrap an elastic band or tube around the inside of your foot and anchor the other end to a door or bedpost or have someone hold it. Pull your foot outward against the resistance; then return slowly to the starting position. Repeat 10 to 15 times.



Strengthening Exercises

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 flexed: 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 daily.



Toe Strengthening Exercises

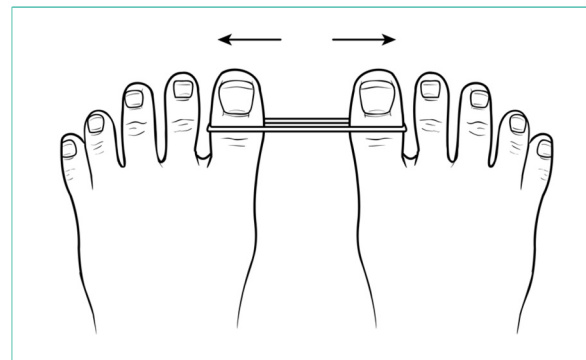
Toe Squeeze

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



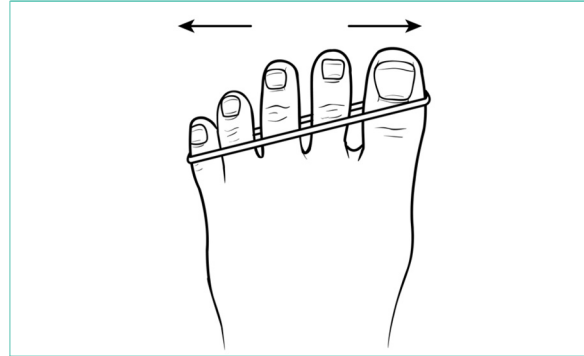
Big Toe Pulls

- 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.



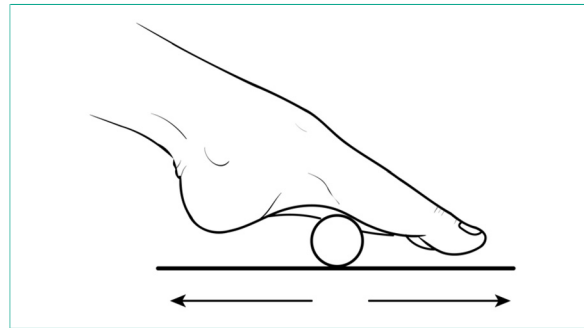
Toe Pulls

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



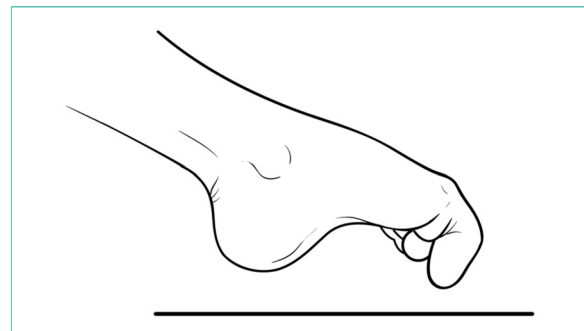
Golf Ball Roll

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



Marble Pickup

- 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.

