Calf Stretch in Long Sitting

1. Sit on the floor or bed with your legs straight out in front of you. You can bend the leg you are not stretching towards you. Put a belt, towel, or dog leash around the ball of your foot.  
2. Keep your back and knee straight, and relax your ankle. Pull your foot towards you with the strap until you feel a stretch.

Reps: 2-3 | Sets: 1-2 | Which Side: Both | Hold Time: 30 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=Quygqsbu-fw

Calf Stretch Standing - Runners Stretch

1. Using a chair or something sturdy for balance, stand with one foot directly behind you and one in front like a lunge position.  
2. Keeping your back heel down and your foot facing forward, keep your back leg straight and bend your front knee forward until you feel a stretch in your back leg. Hold the stretch.

Reps: 2-3 | Sets: 1-2 | Which Side: Both | Hold Time: 30 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=7P81LL4Vws4

Soleus Stretch

1. Using a chair or something sturdy for balance, stand with the foot you want to stretch directly behind you and the other one in front like your in a lunge position.  
2. Keeping your back heel down and your foot facing forward, bend both knees forward until you feel a stretch in your back leg. Hold the stretch.

Reps: 2-3 | Sets: 1-2 | Which Side: Both | Hold Time: 30 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=RRwcFF_vbWU
**Toe Towel Crunch**

1. Sitting in a chair, place a towel under your foot on the floor.
2. Try to crunch up the towel with your toes.

   Reps: 10-15 | Sets: 2-3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 2-3 times per day

   Video: hepbuilder.com/v.php?y=32ENjXwNmo

---

**Toe Raises**

1. Standing next to something sturdy for balance, stand with your feet about shoulder width apart.
2. Pull your toes up towards the ceiling shifting your weight to your heels, but try not to lean back or stick your buttocks out.

   Reps: 10-15 | Sets: 2-3 | Hold Time: 1-2 seconds | How Often: 2-3 times per day

   Video: hepbuilder.com/v.php?y=DdMjXvWBJMA
Ankle 4-Way with Resistive Band

Eversion -
1. With your legs out in front of you, place a roll just under your ankle so your heel can move freely. Wrap a resistive band around the ball of your foot with the knot on the inside, and then anchor it around the other foot.
2. Keeping the leg straight, and only moving at the ankle, pull outward with your foot, and control it back in.

Inversion -
1. With your legs out in front of you, cross the leg of the ankle to want to exercise over the other leg. Put the band around the ball of your foot with the knot on the outside, and anchor the other end around the other foot.
2. Keeping the leg straight, and only moving at the ankle, pull outward away from the other foot, and control it back in.

Plantarflexion -
1. With your legs out in front of you, place a roll just under your ankle so your heel can move freely.
2. Trying to keep your leg straight, push your foot down like you are pushing on a pedal, and then back up.

Dorsiflexion -
1. With your legs out in front of you, place a roll just under your ankle so your heel can move freely. Place a resistive band around the top part of your foot, and anchor the band around something in front of your foot.
2. Keeping your leg straight, pull your toes up towards your head. Control the band back down.

Reps: 10-15 | Sets: 2-3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=c2FOX7ouFiw

Plantar Fascia Stretch with Roll

1. Sitting in a chair, place both feet flat on the floor. Place a roll or frozen water bottle under your foot. You can also use a tennis or racquet ball.
2. Start with the roll at the ball of your foot, and then roll it down to your heel.

Reps: 10-15 | Sets: 2-3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=4u3N-g10B5E

Disclaimer: These exercises were selected by your healthcare provider. To avoid injury, use caution when performing them. If you experience any pain or discomfort, stop the exercise and contact your healthcare provider.