Amherst College Sports Medicine

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=Quyqqsbu-fw

Ankle Pumps
1. With your legs straight 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 and moving only at your ankle, pull your foot up towards you, and then push it down like you are pushing on a pedal.
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=Dn3yMQ5B3FE

Ankle 4-Way
1. With your legs out in front of you, place a roll just under your ankle so your heel can move freely. Keeping your leg straight, pull your toes up toward you.
2. Then push your foot down like you are pushing on a pedal.
3. Then keeping your leg in one spot and only moving at your ankle, turn your foot outward (eversion).
4. Then bring it inward (inversion).
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=emWpQmtl7A
Ankle Circles

1. With your legs out in front of you, place a roll just under your ankle so your heel can move freely.
2. Moving only at your ankle, make a circular motion with your foot in one direction, and then reverse directions.

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=l4EHG94UJxQ

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
### Single Leg Balance

1. Stand next to something sturdy in case you need it for balance.
2. Lift one leg while balancing on the other leg.
   
   Reps: 5-10 | Sets: 2-3 | Which Side: Both | Hold Time: 15-20 seconds | How Often: 2-3 times per day

   Video: [hepbuilder.com/v.php?y=fcfYm3EiWu4](hepbuilder.com/v.php?y=fcfYm3EiWu4)

### Single Leg Heel Raises

1. Stand next to something sturdy for balance. Stand on one leg.
2. Lift your heel rising up onto your toes. Then slowly come 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=9Up6i1FlcyI](hepbuilder.com/v.php?y=9Up6i1FlcyI)

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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.