

CALF STRENGTHENING

- **Walk around on your toes for one minute.** Then walk around on your heels for one minute. **Repeat three times.**
- **Toes rises:** stand facing a desk or counter with your fingers balancing on the counter. Stand on your toes, hold for five seconds. Return to a standing position. **Repeat 20 times.** As you get stronger, lean onto one side and repeat the same exercise, carrying more and more of your weight on your injured foot.

TOE STRENGTHENING

- **Sit down on a chair with a towel on the floor in front of you.** Curl your toes around the edge of the towel and lift it for 5 seconds and then let go. Alternate with both feet until they begin to feel tired.

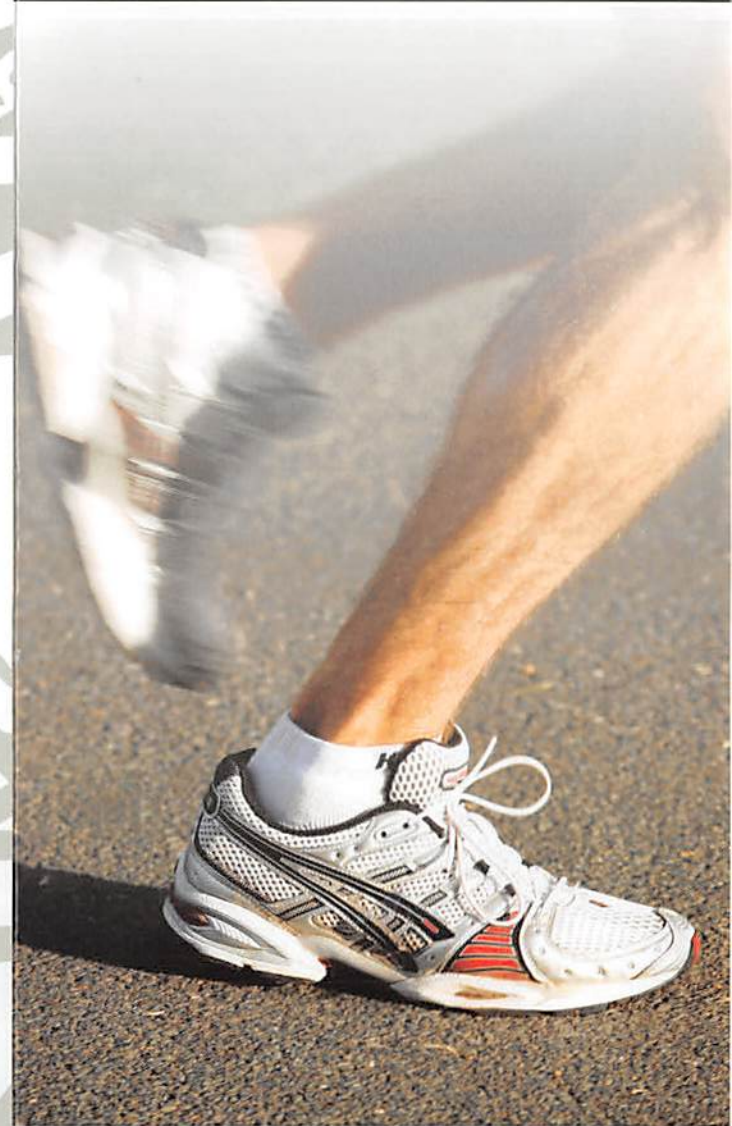


WASHINGTON ORTHOPAEDIC CENTER

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Foot & Ankle EXERCISES



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The following are exercises to maintain mobility and strength of your foot and ankle.

Some of these may be used while your foot is immobilized in a cast.

Others will be done as you recover from an injury or to gain strength in certain muscle groups.

MOTION

- **Wiggle your toes up and down.** This can be done in a cast or brace and in spite of nearly any fracture or injury. It maintains muscle flexibility and helps get rid of swelling. It also helps relieve pain. Wiggle your toes continuously while awake.
- **Sit with your legs hanging free and flex your foot up and down.** Now keep your heel still and turn the front of your foot from side to side. **Repeat each exercise 30 times with each foot.**
- **Alphabet spelling:** Use your toe to “trace the alphabet” on the floor from A to Z.

ANKLE STRENGTHENING

- **Stand with your feet 12 – 18 inches apart.** Rotate your ankles slightly and stand on the outside edges of your feet. Now rotate your ankles the other way and stand on the inside edge of your feet. You may be more comfortable if you bend your knees a little. **Try 20-30 repetitions.**
- **Sit with the outside of your foot against the wall.** Push the outside of your foot against the wall (as if you were trying to push it away from you). Hold for 5 seconds, rest and **repeat 5 times.** Now repeat this same exercise with the inside of your foot against the wall. Finally, repeat, hooking your toe underneath the counter, as if you were trying to lift the counter off the ground.



CALF STRETCHES

- **Take a towel and loop beneath the front of your foot.** Grasp each end of the towel with your hands and gradually bring the front of your foot up towards your knee. Hold for 15 seconds, release. **Repeat 3 times.**
- **Stand 2 – 3 feet away from a desk or counter.** Step toward the counter with your other leg and place both hands on the counter top. Slightly bend the knee that is closest to the counter. Keep the back knee straight. Gently stretch your calf and heel chord (Achilles) by pushing your heel toward the ground. When you feel the stretch, hold the position for 15 seconds. Rest. **Repeat 3 times.**

