

Range of Motion and Stretching Exercises

These are some of the *initial* exercises you may start your rehabilitation program with until you see your physician, physical therapist, or athletic trainer again, or until your symptoms are resolved.

Please remember:

- Flexible tissue is more tolerant of the stresses placed on it during activities.
- Each stretch should be held for 20 to 30 seconds.
- A gentle stretching sensation should be felt.



Stretch – Gastrocnemius

Note: This exercise can place a lot of stress on your ankle and should only be done after seeing your physician, physical therapist, or athletic trainer.

1. Place your toes and the ball of your foot on a book or the edge of a stair. Your heel should be off of the ground.
2. Hold onto a chair or stair rail for balance.
3. Allow your body weight to stretch your calf.
4. First do this exercise with the knee straight, and then bend the knee slightly.
5. Hold this position for **90** seconds.
6. Repeat exercise 5-10 times, per day.

Stretch – Gastrocnemius

1. Stand one arm length from the wall as shown.
2. Place calf muscle to be stretched behind you as shown.
3. Turn the toes in and the heel out of the leg to be stretched.
4. First do this exercise with the knee straight, and then bend the knee slightly. Keep your heel on the floor at all times.
5. Hold this position for **90** seconds.
6. Repeat exercise 5-10 times, per day.

