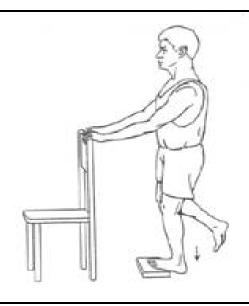


Range of Motion and Stretching Exercises

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 - Gastrocsleus

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 - Gastrocsleus

- 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 hell on the floor at all times.
- 5. Hold this position for **90** seconds.
- 6. Repeat exercise 5-10 times, per day.

