

Supine Ankle Pumps



Setup

Begin lying on your back with your legs straight.

Movement

Slowly pump your ankles by bending and straightening them.

Tip

Try to keep the rest of your legs relaxed while you move your ankles.

Seated Calf Stretch with Strap



Setup

Begin sitting in an upright position with a strap looped around the ball of one foot and your leg straight.

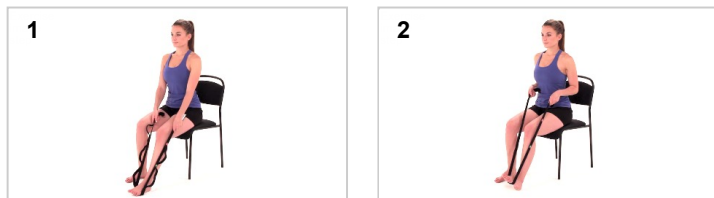
Movement

Pull upward on the strap, bending your foot toward your body, until you feel a stretch in the back of your calf and hold.

Tip

Make sure to maintain an upright posture and keep your knee straight during the stretch.

Seated Soleus Stretch with Strap



Setup

Begin sitting upright on a chair with one foot flat on the floor, knee bent, and a wrapped around your foot, holding the ends in each hand.

Movement

Pull up on the strap until you feel a stretch in your lower leg and hold.

Tip

Make sure to keep your back straight during the exercise.

Seated Ankle Alphabet



Setup

Begin by sitting upright on a table or bed with both legs hanging off the edge.

Movement

Slowly trace the letters of the alphabet with the toe of one foot. You should be moving at your ankle.

Tip

Make sure to keep your upper leg still as you move your foot.

Towel Scrunches



Setup

Begin in a staggered standing position with your forward foot resting on a flat towel, and the knee slightly bent.

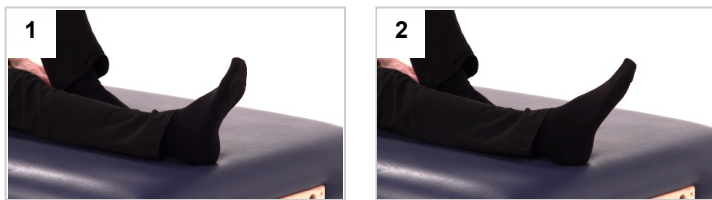
Movement

Keep your back knee straight. Use your toes to scrunch up the towel.

Tip

Make sure to keep the rest of your foot in contact with the ground.

Supine Ankle Inversion AROM



Setup

Begin lying on your back with one leg bent and your other leg straight.

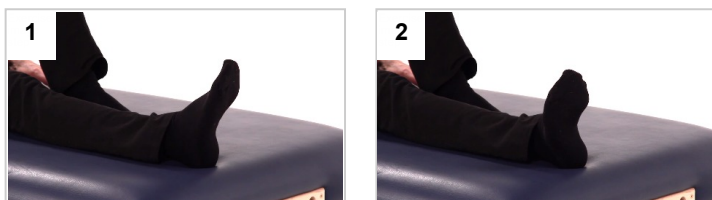
Movement

Rotate the foot of your straight leg inward. Hold briefly, then slowly return to the starting position and repeat.

Tip

Make sure to keep the rest of your leg relaxed and focus the movement on your ankle during the exercise.

Supine Ankle Eversion AROM



Setup

Begin lying on your back with one leg bent and your other leg straight.

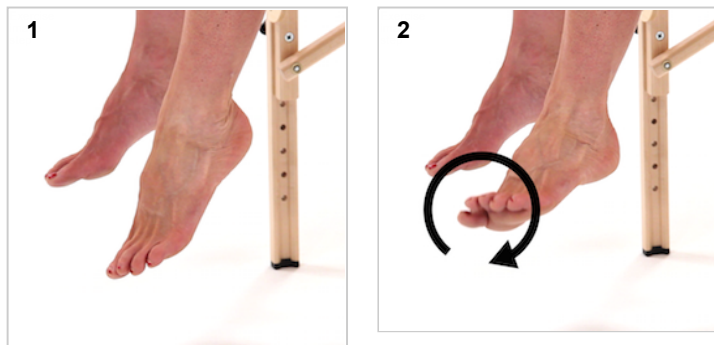
Movement

Rotate the foot of your straight leg outward. Hold briefly, then slowly return to the starting position and repeat.

Tip

Make sure to keep the rest of your leg relaxed.

Seated Ankle Circles



Setup

Begin by sitting upright on the edge of a table or bed with both legs hanging off the edge.

Movement

Rotating at the ankle, slowly trace circles with your foot, first in one direction and then the other.

Tip

Make sure to keep your upper leg still as you move your foot.

Gastroc Stretch on Wall



Setup

Begin in a standing upright position in front of a wall.

Movement

Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

Tip

Make sure to keep your heels on the ground and back knee straight during the stretch.

Soleus Stretch on Wall



Setup

Begin in a standing upright position in front of a wall.

Movement

Place your hands on the wall and extend one leg backward with your knee bent. Lean forward into the wall, until you feel a stretch in your lower calf and hold.

Tip

Make sure to keep your heels on the ground and back knee bent during the stretch.