



Foot and Ankle Lakeside Chiropractic

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Ankle Alphabet Mobilisation

- Use your big toe as the pen and draw the letters of the alphabet by maneuvering your ankle.

Resisted Ankle Flexion

- Sit on the floor or on a chair.
- Put a rubber exercise band around your foot.
- Point your toes towards the floor.
- Slowly return to the starting position.
- Repeat _____ times.



Standing Calf Raises

- Stand with support.
- Push up onto your toes.
- Repeat _____ times.



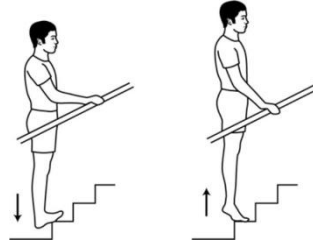
Single Leg Calf Raises

- Stand on one leg.
- Push up onto your toes.
- Repeat _____ times.



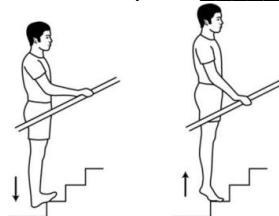
Deep Calf Raises

- Stand with both feet on a ledge or step.
- Heels hang over the edge
- Lower your heels to the floor then push up on to your toes.
- Slowly return to starting position.
- Repeat _____ times.



Single Leg Deep Calf Raises

- Stand with 1 foot on a ledge or step.
- Heels hang over the edge
- Lower your heels to the floor then push up on to your toes.
- Slowly return to starting position.
- Repeat _____ times.



Foot Stretch

Calf Stretch – Straight Knee

- Stand in a walking position with the leg to be stretch straight behind you.
- The other leg is bent in front of you.
- Take support from a wall or chair.
- Lean your body forwards and down until you feel the stretching in the calf of the straight leg.
- Hold for 30 seconds. Relax.
- Repeat 3 times.



Calf Stretch Bent Knee

- As above. Bend the back knee.



- Position yourself as above.
- Stand up onto the toes of your back foot.
- You should feel a stretch in the bottom of your foot.
- Hold for 30 seconds.
- Repeat 3 times.



Shin Stretch

- Stand with support.
- Place the top of your toes flat on the ground and bend your knee on the same side.
- You should feel a stretch through your shin and at the top of your foot.
- Hold for 30 seconds.
- Repeat 3 times.





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