

Foot and AnkleLakeside Chiropractic

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Ankle Alphabet Mobilisation • Use you big toe as the pen and draw • the letters of the alphabet by

Resisted Ankle Flexion

• Sit on the floor or on a chair.

maneuvering your ankle.

- 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.



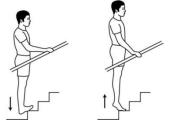
Single Leg Calf Raises

- 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



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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.



Disclaimer: The exercises provided on this website are for educational and entertainment purposes only, and are not to be interpreted as a recommendation for a specific treatment plan, product, or course of action. Exercise is not without its risks, and this or any other exercise program may result in injury. To reduce the risk of injury, before beginning this or any exercise program, please consult a healthcare provider for appropriate exercise prescription and safety precautions.