



# COMPREHENSIVE SPINE CENTER

— OF DALLAS —

For more information, visit [WWW.DALLASSPINE.COM](http://WWW.DALLASSPINE.COM) (Physical Therapy Tab).

## ANKLE ROM A



### ANKLE PUMPS - AP

Bend your foot up and down at your ankle joint as shown.

Repeat 12 Times

Complete 2 Sets

Hold 2 Seconds

Perform 2 Times a Day



### STANDING CALF STRETCH - SOLEUS

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a bent knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well.

Repeat 5 Times

Complete 2 Sets

Hold 1 Minute

Perform 2 Times a Day



### **STANDING CALF STRETCH - GASTROCNEMIUS**

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a straight knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well.

Repeat 5 Times  
Complete 2 Sets

Hold 1 Minute  
Perform 2 Times a Day



### **ANKLE ABC's**

While in a seated position, write out the alphabet in the air with your big toe.

Your ankle should be moving as you perform this.

Repeat 2 Times  
Complete 2 Sets

Hold 0Seconds  
Perform 2 Times a Day



### **HEEL RAISES - PLANTARFLEXION - BILATERAL**

Start with your entire foot on the ground.

Next, raise up your heels as you press your toes down. Keep your toes on the ground the entire time.

Repeat 12 Times  
Complete 3 Sets

Hold 8 Seconds  
Perform 2 Times a Day



### **TOES RAISES - DORSIFLEXION - SINGLE**

Start with your entire foot on the ground.

Next, raise up your forefoot and toes as you bend your ankle. Keep your heels on the ground the entire time.

Repeat 12 Times

Complete 3 Sets

Hold 8 Seconds

Perform 2 Times a Day