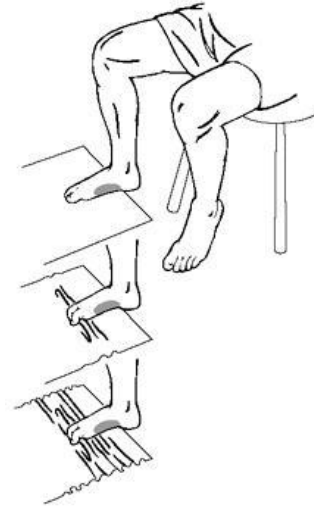


Date:  
Patient Name:



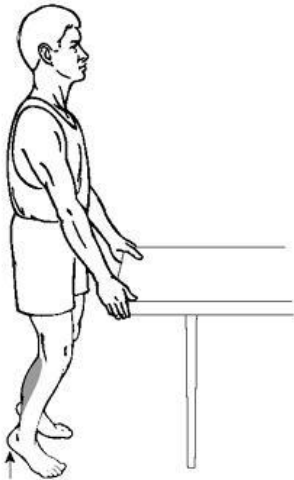
### STRENGTH • SEATED CALF RAISE

1. Sit on the edge of a chair or a bench with your feet flat on the ground in front of you.
2. Push down with your toes, raising your heel off of the floor.
3. To add resistance, you may push down on the top of your knee with your hand, or you may add weight on top of your knee as shown.
4. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.



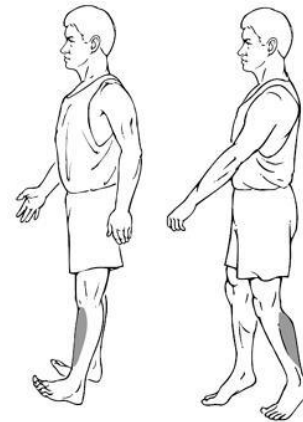
### STRENGTH • Towel Curls

1. Sit in a chair and place a towel on a noncarpeted floor. Place your foot/toes on towel as shown. (You may also stand to do this exercise rather than sit.)
2. Curl/pull towel toward you with your toes while keeping your heel on the floor. Move towel with toes only. Do not move your knee or ankle.
3. If this is too easy, place a light weight (book, hand weight, etc.) at the far end of the towel.
4. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.



### STRENGTH • Plantarflexors, Heel Raises

1. Stand with feet shoulder-width apart. Hold on to counter or chair if necessary for balance.
2. Rise up on your toes as far as you can. Hold this position for \_\_\_\_\_ seconds.
3. Complete this exercise using only one leg if it is too easy using both legs.
4. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.



### DORSI/PLANTAR FLEXION STRENGTH • Heel Toe Walk

1. Walk on your heels and/or toes as shown.
2. When on your toes, walk slowly and concentrate on staying as high on your toes as possible.
3. When on your heels, concentrate on keeping the toes as far off the floor as possible.
4. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.

Date:  
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**STRENGTH • Isometric Plantar flexion**

1. With a rolled pillow against the wall, press foot into pillow.
2. Hold for \_\_\_\_\_ seconds. Relax.
3. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.

**STRENGTH • Isometric Eversion**

1. With a rolled pillow against the wall, press outer border of foot into pillow.
2. Hold for \_\_\_\_\_ seconds. Relax.
3. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.

**STRENGTH • Isometric Inversion**

1. With a rolled pillow between your feet, press inner borders of your feet together.
2. Hold for \_\_\_\_\_ seconds. Relax.
3. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.