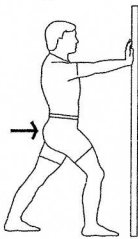


Stretch Gastroc uni standing

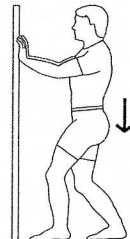


- Stand facing wall, hands on wall.
- Step forward with foot of uninvolved leg, leaning hips toward wall.
- Keep rear leg straight with heel on floor.

Perform 1 set of 3 Repetitions, twice a day.

Hold exercise for 30 Seconds.

Stretch Soleus stand

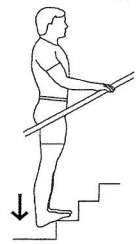


- Stand, left leg in front of right.
- Face wall, hands on wall for support.
- Slowly bend knees, keeping heels on floor, as shown, until stretch is felt.
- Repeat with right leg in front.

Perform 1 set of 3 Repetitions, twice a day.

Hold exercise for 30 Seconds.

Stretch Gastroc/Soleus bil standing



- Stand with balls of feet on a step, using banister to steady yourself.
- Keeping knees slightly bent, gently lower heels.

Special Instructions:

Progress to performing with straight knees.

Perform 1 set of 3 Repetitions, twice a day.

Hold exercise for 30 Seconds.

AROM toe flx w/towel



- Sit in chair.
- Place towel on floor.
- Keep heel on ground.
- Pull towel towards you using the toes only.

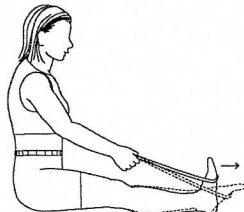
Perform 3 sets, once a day.

Use Towel.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Resist ankle PF longsit w/elastic



- Sit on floor or couch with leg in front.
- Hold elastic in hands.
- Attach other end of elastic to forefoot.
- Push foot forward.
- Slowly return and repeat.

Perform 3 sets of 10 Repetitions, once every other day.

Use Elastic.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM knee flx/ext uni sit w/dowel



- Sit in chair.
- Place foot on dowel as shown.
- Roll foot forward and backward over dowel.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Issued By: MMPC PT

Signature: _____

These exercises are to be used only under the direction of a licensed, qualified professional.
Caution: User must wear suitable eye protection such as safety goggles during this exercise to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.

Michigan Medical, P.C.

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