



STRETCHING EXERCISES - DAILY

Begin with a light warm-up for 10-15 minutes such as walking, biking on stationary bike, marching in place (aerobic activities should be selected that minimize joint stress). If pain, stiffness and fatigue are barriers to exercise, you might benefit from a warm shower or warm compress prior to exercise. Always maintain a steady stretch, never bouncing and do not force a stretch (go to the point of mild tension but not pain). Stretches may have a range of time to hold. Start with the shortest time and work your way to the longest time as you feel comfortable. For each additional repetition, try to stretch just a little further as you are able to do without pain. Remember to breathe throughout the stretch.

EXTENSION/ FLEXION



Sitting in a sturdy chair (or standing) straighten your leg and point your toes. Hold and then return to the starting position. Slowly flex your foot, bringing your toes toward your body. Hold and then return to starting position. Switch legs and repeat process

Hold 3-5 seconds | 8-12 reps each direction

ANKLE CIRCLES



Sitting in a sturdy chair (or standing), slowly straighten your leg and make 10 clockwise circles with your foot, then 10 counterclockwise circles. Repeat with other leg.

3 sets | 10 circles each direction

INVERSION / EVERSION



Sitting in a sturdy chair place your feet flat on the floor, slowly roll the inside of one foot upwards (keeping the outside of your foot on the floor) hold and then return to the starting position. Slowly roll your outside of your foot upwards (keeping the inside of your foot on the floor), hold and then return to starting position. Repeat with other foot.

Hold 3-5 seconds | 8-12 reps each direction

WRITING THE ALPHABET



Sitting in a sturdy chair, move your foot and ankle to "write" all the capital letters of the alphabet. Repeat with other foot.

1 set



STRENGTHENING EXERCISES- 2/3 TIMES A WEEK (NONCONSECUTIVE DAYS)

Strengthening activities should start at a relatively low intensity and gradually progress as pain tolerates.

CALF RAISES



Stand up straight with your feet hip-width apart and your hands at your sides. Slowly lift up on your toes so that your heels rise off the floor as high as possible. Pause, then slowly return to the starting position. Work up to doing heel raises while standing on one foot.

3 sets | 8-12 reps

BALANCING ON ONE LEG



While standing, bend one leg, lifting it off the ground, and balance on the other leg. Repeat with each leg.

*For more challenge, stand on a folded towel or pillow.

*Additional challenge, add toe touches. From the one leg stance, bend forward and touch your toes and then back up again.

Hold each set up to 1 minute.

TOWEL CURL



Sit in a chair and lay a towel in front of you. By using your toes only, grab the towel and pull it little by little with your toes until the entire towel is under your foot. Start at one end and stop when you have grabbed and pulled through the entire length of the towel.

1 set