



Plantar Fascia /Gastros

Sitting with one leg extended out in front, place towel under ball of foot. Gently pull foot back towards shin.

Sets:	
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Ankle Pump - Supine

Lying on back with foot placed up on gym ball or chair. Gently pump ankle back and forth.

Sets:	2
Reps:	12
Weight:	
Hold:	4 sec
Rest:	30-60
3x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Alphabet Ankle

Seated with leg out in front. Place towel under lower leg and relax ankle. Move ankle so as to draw the letters of the alphabet A,B,C... Try drawing both upright figure 8's and side lying 'lazy 8's in both directions.

Sets:	2
Reps:	12
Weight:	
Hold:	4 sec
Rest:	30-60
3x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Toe Flexion / Grab

Seated, place marbles, pennies or towel on the floor. Use the toes to pick up the various objects.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



One Legged Standing

Standing in readiness position, close to a wall or within a doorway. Raise one leg up in front and hold balanced.

Sets:	
Reps:	1-2 min
Weight:	
Hold:	
Rest:	
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Wobble Board - Standing

Keeping finger tips on wall or chair for support, step onto wobble board with one foot. Keeping eyes looking straight forward, raise opposite foot onto board. Maintain a short foot and readiness position while on the board. Rock board in all directions then try to keep board level.

Sets:	
Reps:	1-2 min
Weight:	
Hold:	
Rest:	
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31