



Ankle and Foot Stretches

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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.

Hold 1 Minute

Complete 1 Set

Perform 1 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.

Hold 1 Minute

Complete 1 Set

Perform 1 Times a Day



SEATED CALF STRETCH - GASTROCNEMIUS

While sitting, use a towel or other strap looped around your foot. Gently pull your ankle back until a stretch is felt along the back of your lower leg. Maintain your target knee straight the entire time.

Complete 1 Set

Hold 1 Minute

Perform 1 Times a Day



SEATED CALF STRETCH - SOLEUS

While sitting, use a towel or other strap looped around your foot. Gently pull your ankle back until a stretch is felt along the back of your lower leg.

Your knee should be slightly bent the entire time.

Complete 1 Set

Hold 1 Minute

Perform 1 Times a Day



GREAT TOE EXTENSION STRETCH

While seated, cross your legs so that the affected leg is on top.

Next, bend your big toe back with your fingers until a stretch is felt in your toe and or bottom of your foot.

Repeat 2 Times

Complete 1 Set

Hold 20 Seconds

Perform 1 Times a Day



GREAT TOE ABDUCTION STRETCH

Grab your big toe and pull it to the side for a stretch. Stabilize your foot with your other hand.

Repeat 2 Times
Complete 1 Set

Hold 20 Seconds
Perform 1 Times a Day



GREAT TOE FLEXION STRETCH

Grab the tip of your big toe and bend it into a stretch as shown. Stabilize your foot with your other hand.

Repeat 2 Times
Complete 1 Set

Hold 20 Seconds
Perform 1 Times a Day



MTP EXTENSION STRETCH

While standing, place your toes on the floor so that they bend upwards.

Next, press down until a stretch is felt in the toes and or along the bottom of your foot.

Repeat 2 Times
Complete 1 Set

Hold 20 Seconds
Perform 1 Times a Day