

Patient Name:

Therapist:

Contact:

1 a) Dorsiflexion Stretch with Towel / Band (Knee Straight)

Place a band or towel around the ball of your foot. While keeping your knees straight and heels on the surface, pull your foot towards your knee by pulling on the band/towel.

Hold for: _____

Repeat: _____ times

x _____ per day

No Footwear Required (Barefoot)



1 b) Dorsiflexion Stretch with Towel / Band (Knee Bent)

Use a pillow or foam roller to support your knee in a bent position. Place a band or towel around the ball of your foot. Pull your foot towards your knee by pulling on the band/towel while keeping your heel on the surface.

Hold for: _____

Repeat: _____ times

x _____ per day

No Footwear Required (Barefoot)



2. Plié/Pizza/Hockey



Stand with your feet turned out as far as you can. You may hold on to a wall / counter for balance and support



Bend your knees while ensuring they align with the direction of your toes. Sink down as low as possible while keeping your back straight and heels on the ground



Hold for: _____

Repeat: _____ times

x _____ per day

Footwear: Barefoot / Shoes



3. Wall Calf Stretch

Stand facing a wall about a foot away, place your front foot on the wall. Gently lean towards the wall to feel a stretch in your calf, keeping both knees straight.

Hold for: _____

Repeat: _____ times

x_____ per day

Footwear: Barefoot / Shoes



4. Stair Calf Stretch

Stand on the balls of your feet at the edge of a step. Lower your heels towards the floor, feeling a stretch in your calves

Hold for: _____

Repeat: _____ times

x_____ per day

Footwear: Shoes



5a) Lunge Calf Stretch with Back Knee Straight

Standing with one foot in front of another, bend front knee and lean towards wall. Keep both heels on ground and back **knee straight**.

Hold for: _____

Repeat: _____ times

x_____ per day

Footwear: Barefoot / Shoes



5b) Lunge Calf Stretch with Back Knee Bent

Stand facing a wall with your hands on the wall for support. Put one leg about a step behind your other leg. Keeping both heels on the floor, **bend both knees**. Gently bring your hip and chest toward the wall until you feel a stretch in the calf of your back leg

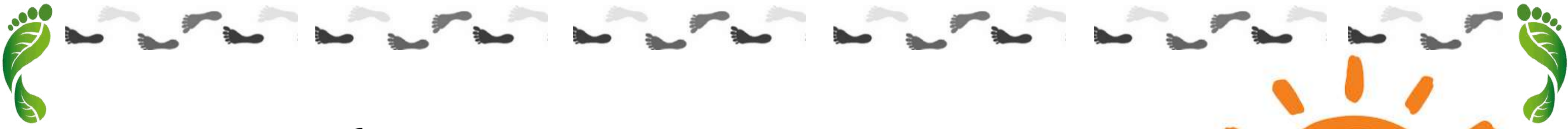
Hold for: _____

Repeat: _____ times

x_____ per day

Footwear: Barefoot / Shoes





6. Squat Calf Stretch

Stand with your feet shoulder width apart, toes pointing forward



Squat down by pushing your hips back, bending your knees and maintaining your back straight. Make sure to keep heels on the ground. You can hold onto the wall or a counter for balance



Return to the upright position by straightening your knees and pushing through your heels

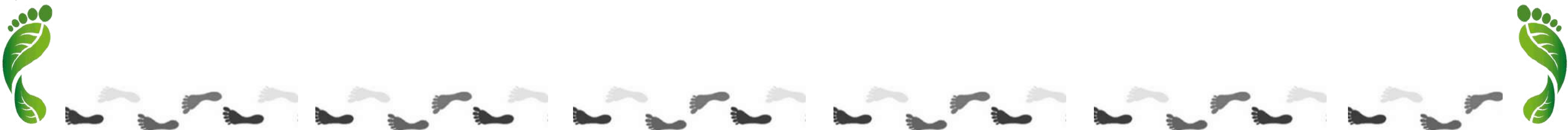


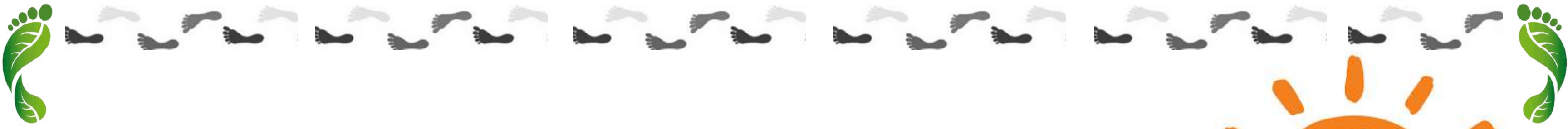
Hold for: _____

Repeat: _____ times

x _____ per day

Footwear: Barefoot / Shoes





7. Frog Calf Stretch

Begin by standing with your feet wider than shoulder width apart, feet pointing outward



Lower your body into a wide squat plie, bending your knees. Ensure your heels remain on the ground. You may rest your arms on your inner thighs for support



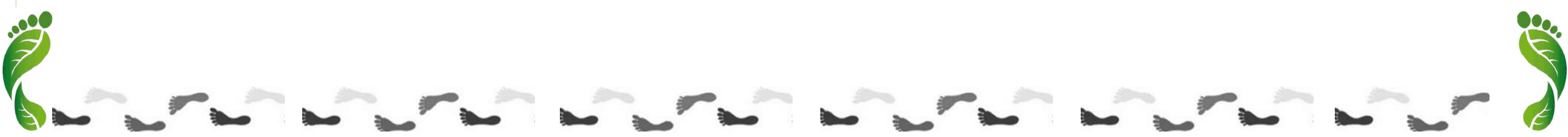
Press through your heels to return to the starting position

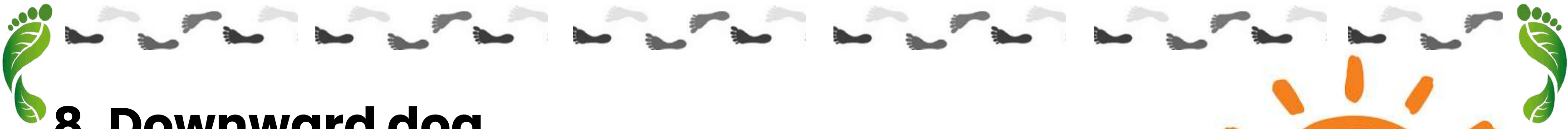
Hold for: _____

Repeat: _____ times

x _____ per day

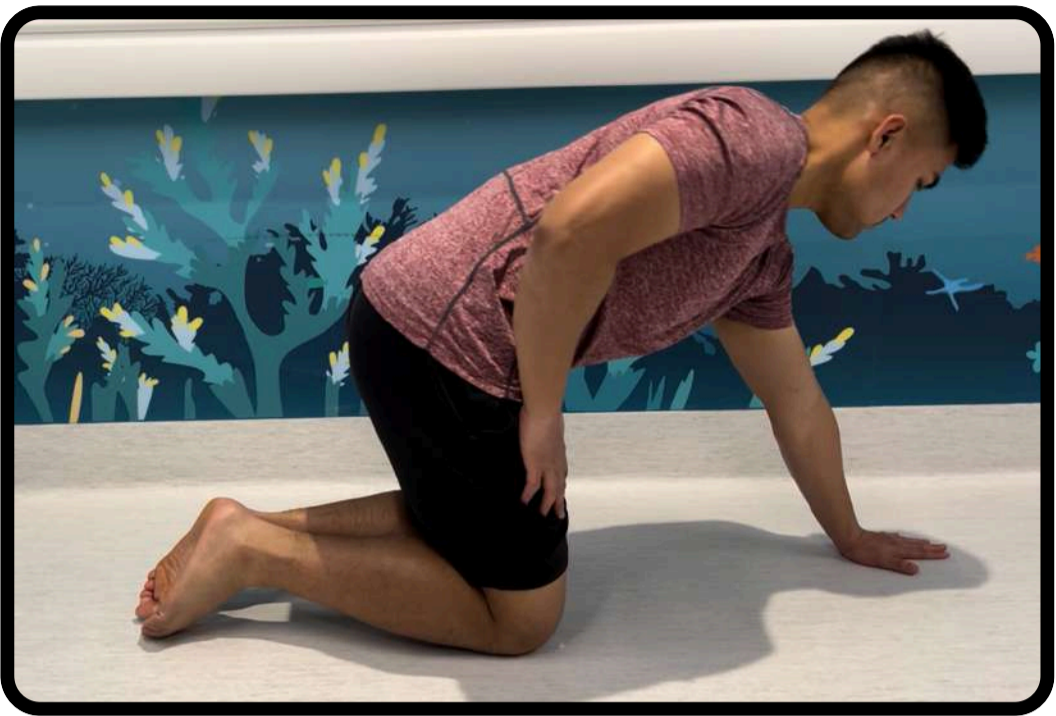
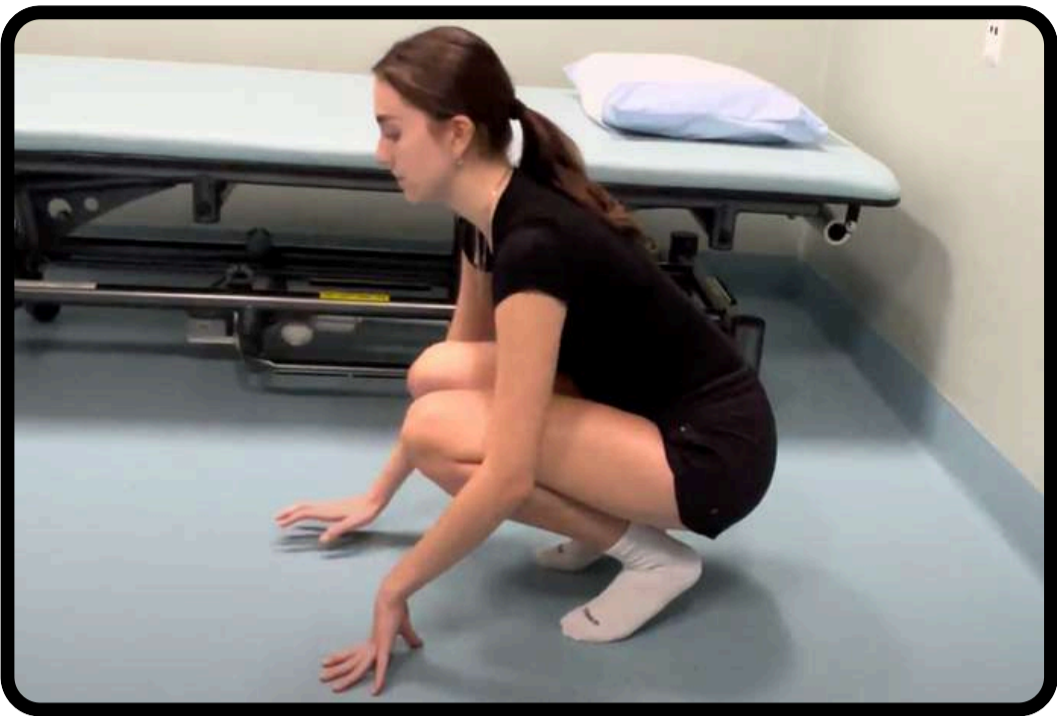
Footwear: Barefoot / Shoes





8. Downward dog

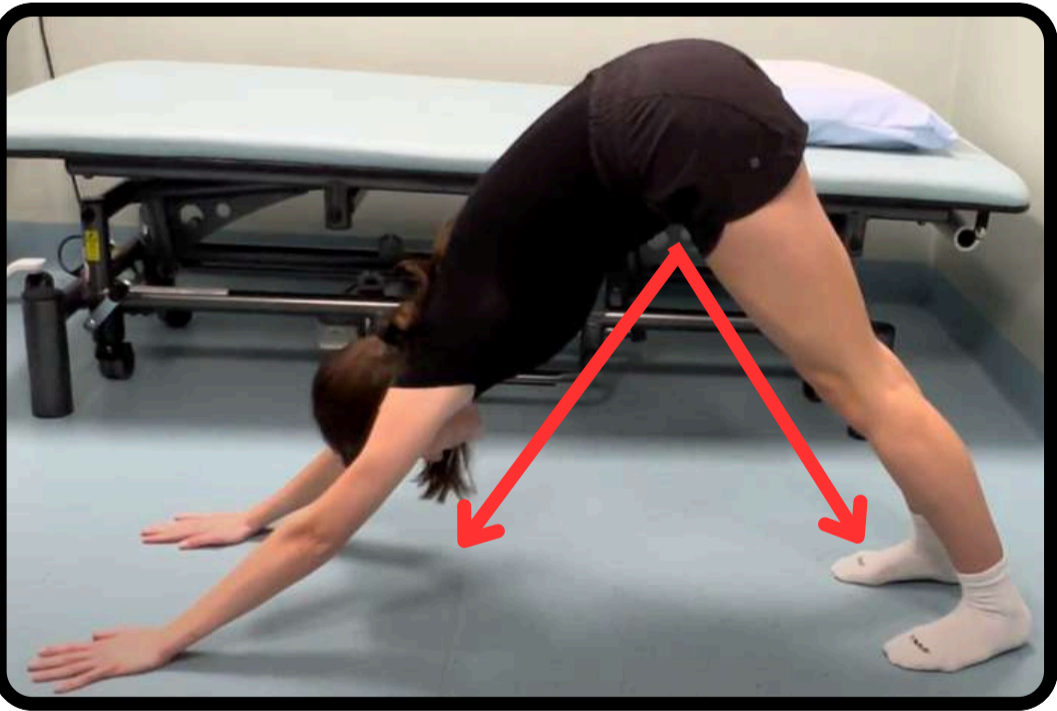
Begin by reaching down on the floor with your hands shoulder width apart. Ensure your feet are hip distance apart



One by one, walk your legs backwards, bring your hips towards the ceiling, making your body into an inverted "V" pose



Aim to press your heels into the ground. Feel a stretch in the back of your thighs and calves

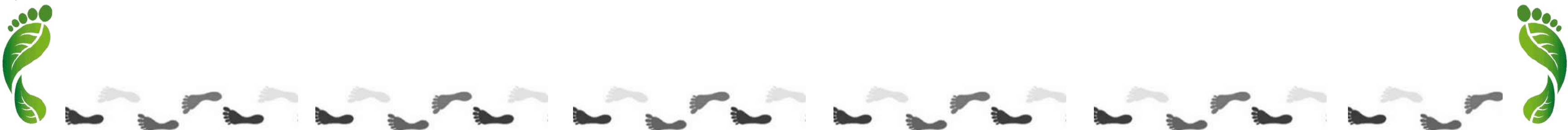


Hold for: _____

Repeat: _____ times

x_____ per day

No Footwear Required (Barefoot)



9. Standing Hamstring Stretch

Place your leg onto a chair. With knee and toes pointing up, slowly bend forward at the hips, keeping your knees straight.

Hold for: _____

Repeat: _____ times

x _____ per day

Footwear: Barefoot / Shoes



10. Seated Hamstring Stretch

Sitting up tall, straighten one leg out in front, knee + toes pointing up. Slowly bend forward at the hips, keeping your back and knee straight. You should feel a stretch at the back of your thigh.

Hold for: _____

Repeat: _____ times

x _____ per day

Footwear: Barefoot / Shoes





11. Hamstring Calf Stretch with Towel / Band

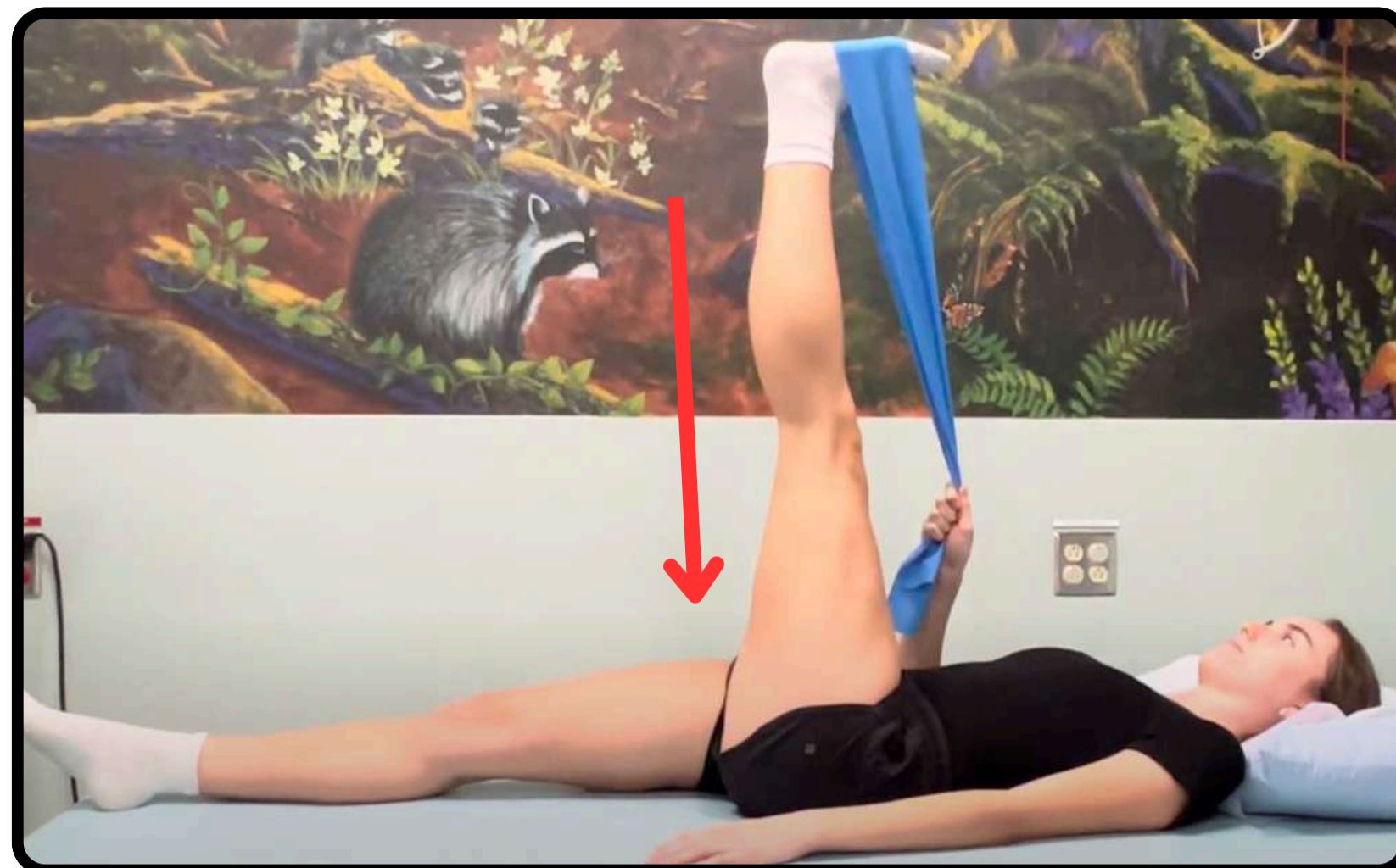
Lie on your back. Place a towel / band behind the ball of your foot. While keeping your leg straight, use the towel / band to gently pull the leg towards you.

Hold for: _____

Repeat: _____ times

x_____ per day

No Footwear Required (Barefoot)



*Keep your knees as straight as possible

12. Plantar Fascia Ball Rolling Massage

While sitting or standing, place a solid ball under the arch of your foot. Roll the ball back and forth with firm pressure.

If you encounter a tender spot, pause and roll the ball in circular motions to massage the specific area.

Hold for: _____

Repeat: _____ times

x_____ per day

No Footwear Required (Barefoot)

