



## EXTENSION EXERCISES

### Heel Props



May be done either sitting or laying; place heel of **affected foot** on **unaffected** toes, or place heel of affected foot on container (such as 2 liter bottle).  
**Hold for 30 counts, 2 to 3 times at a time; 4 to 6 times per day.**

### Towel Pull



While seated on bed/floor; place towel around ball of **affected foot**, pull towel towards you lifting heel in air, may use hand to push down on thigh to stabilize.  
**Hold for 30 counts, 2 to 3 times at a time; 4 to 6 times per day.**

### Prone Hangs



While laying on a table/bed, in a prone (stomach) position with knees off edge; place toes of **unaffected foot** on **affected ankle** (for added stretch).  
**Hold for 30 counts, 2 to 3 times at a time; 4 to 6 times per day.**

## FLEXION EXERCISES

### Leg Pulls



While seated, grab **affected leg** and pull heel towards body.  
**Hold for 30 counts, 2 to 3 times at a time; 4 to 6 times per day.**

### Towel Pull



While seated or laying down, place towel around **affected ankle** and with both hands pull heel towards body.  
**Hold for 30 counts, 2 to 3 times at a time; 4 to 6 times per day.**

### Wall Slides



While lying on your back; place feet on wall, slide affected foot down wall to flex knee, push **unaffected heel** on **affected ankle** to stretch further.  
**Hold for 30 counts, 2 to 3 times at a time; 4 to 6 times per day.**

**All stretches should be done in a comfortable environment and in a relaxed atmosphere. Positions should be held for one minute on each leg and then repeated on the opposite leg.**

Do not attempt these exercises without first being cleared by our physicians.

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