



## PATIENT EXERCISE INSTRUCTIONS

### Sitting Calf Stretch



Using belt or large towel, place towel around ball of foot and gently pull foot towards body  
**Do 3 sets of 10.**

### Standing Calf Stretch



Place hands against a wall, door, or counter. Place leg you wish to stretch behind you. **Keep back leg straight and heel on ground.** Lean forward until you feel a comfortable stretch.  
**Hold for 30 counts, 2 to 3 sets.**

### Single Leg Stance



Stand on one ankle, cross your arms across your chest. Hold for 30 seconds. Stand on a soft surface like a pillow or seat cushion to increase difficulty. If one is not available simply close your eyes.  
**Do 2 sets of 10 repetitions.**

### Heel Taps



Stand on a stair on the ankle you want to train. With the opposite foot, slowly lower your body until your heel hits the floor and come back up. Increase step height to increase difficulty.  
**Do 2 sets of 10 repetitions.**

### Seated Heel Raises



From a **sitting** rest position, **raise up on tip toes** and slowly return to rest position. **Do 1 set until fatigued.**

### Standing Heel Raises



From a **standing** rest position, place hands on counter/wall for support. **Raise up on tip toes** and slowly return to rest position.  
**Do 1 set until fatigued.**

### Resisted Dorsiflexion



**(With a helper)** Sit with your injured leg straight out, place an **ace-wrap** or **thera-band strap** on the top of your foot and move backward until tension is applied to the strap.

**(Without a helper)** Make loop in the **ace-wrap** or **thera-band** at one end and tie the other end around a table leg, or in a closed door. Place the loop around the arch of the foot and move backward until tension is applied to the strap. Keeping the knee straight, pull your foot towards your face to stretch the strap. **Do 3 sets of 10.**

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

**Miami Valley Hospital**  
30 E. Apple Street, Suite 2200  
Dayton, OH 45409  
Tel: 937.208.2091

**Miami Valley Hospital South**  
2350 Miami Valley Drive, Suite 210  
Centerville, OH 45459  
Tel: 937.208.2091

**Atrium Medical Center**  
Professional Building 1  
200 Medical Center Drive, Suite 375  
Franklin, OH 45005  
Tel: 513.705.4201

**Beavercreek Office**  
Beavercreek Family Physicians  
1244 Meadowbridge Drive  
Beavercreek, OH 45434  
Tel: 937.208.2091

**Huber Heights Office**  
Good Samaritan  
Health Center  
6251 Good Samaritan Way  
Huber Heights, OH 45424  
Tel: 937.208.2091

**Sidney Office**  
1529 Fair Road  
Sidney, OH 45365  
Tel: 937.497.9810

**Springboro Office**  
At Springboro High School  
1625 S. Main Street  
Springboro, OH 45066  
Tel: 937.208.2091

**Troy Office**  
76 Troy Town Drive  
Troy, OH 45373  
Tel: 937.339.8399

**Vandalia Office**  
55 Elva Court  
Vandalia, OH 45377  
Tel: 937.208.2091