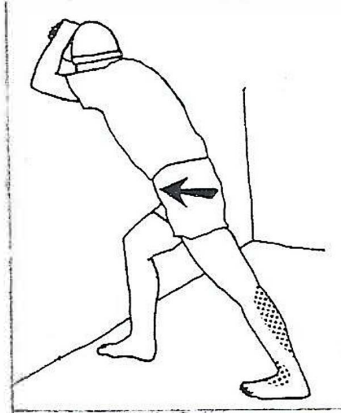


JEFFREY A. KLEMES, D.P.M., F.A.C.F.A.S.

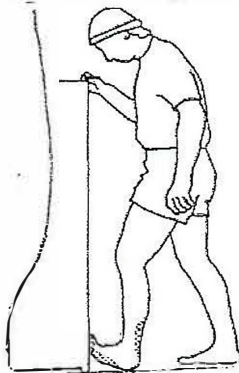
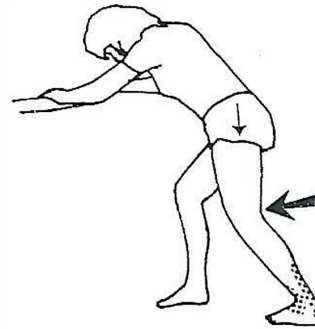
STRETCHES FOR THE FOOT AND ANKLE

From *Stretching* by Bob Anderson



To stretch the calf, stand a little way from a solid support and lean on it with your forearms, head resting on hands. Bend one leg and place your foot on the ground in front of you, with the other leg straight behind. Slowly move your hips forward, keeping your lower back flat. Be sure to keep the heel of the straight leg on the ground, with toes pointed straight ahead or slightly turned in.

To stretch the Achilles tendon, move your hips downward as you bend your knees slightly (like you are starting to sit down in a chair). Be sure to keep your back flat. Your back foot should be slightly pointed in or straight ahead during the stretch. Keep your heel down. This stretch is good for developing ankle flexibility.



To stretch the ankle and bottom of the foot, place your left foot against a wall, with your ankle flexed and toes up as shown. Move your upper body forward until you feel a mild stretch. Hold and then switch legs.

Remember:

- Warm up. Stretch after exercise. Warm muscles stretch better than cold muscles.
- Stretch the muscle to tension, not pain. If the stretch is painful, stop and start over.
- Do not bounce stretch. Stretch to tension and hold that position for 10-30 seconds.
- Perform each stretch a minimum of 10 times each session.
- Stretch 2-3 times per day

Note: If you are experiencing any form of pain, stop and consult the doctor.

Disclaimer: This is meant as a guide and shall not be used as a substitute for proper medical care and/or explanation by your treating doctor. We have used all reasonable care in compiling the information but make no warranty as to its accuracy in specific situations. If there are any questions, please feel free to contact us.