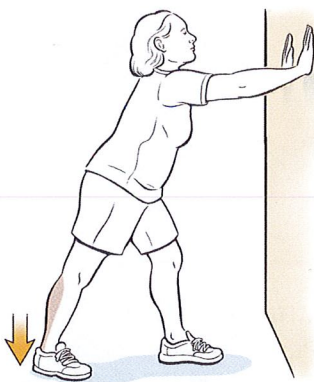


FOOT AND ANKLE EXERCISES

These exercises are designed to stretch and strengthen your feet, ankles, and calves. Before beginning an exercise, read through all its instructions. While exercising, breathe normally and don't bounce. If you feel any pain, stop the exercise. If pain doesn't go away, tell your healthcare provider.

□ CALF STRETCH

- 1 Stand facing a wall, an arm's-length away. Take one step toward the wall with your _____ foot. Place both palms on the wall at shoulder height.
- 2 Lean toward the wall. Bend the knee of your front leg, but keep the back leg straight. Keep both heels on the floor, toes pointing forward. Hold for _____ seconds. Relax.
- 3 Repeat _____ times. Do _____ sets a day.

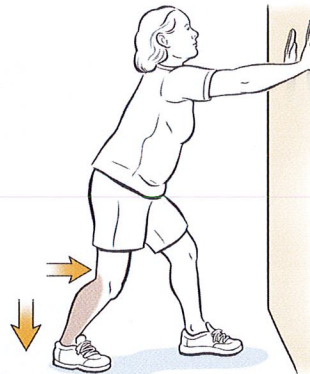


CAUTION

- Don't arch your back or hunch your shoulders.

□ SOLEUS STRETCH

- 1 Stand facing a wall, an arm's-length away. Take one step toward the wall with your _____ foot. Place both palms on the wall at shoulder height.
- 2 Lean toward the wall, bending both knees. Keep both heels on the floor, toes pointing forward. Hold for _____ seconds. Relax.
- 3 Repeat _____ times. Do _____ sets a day.

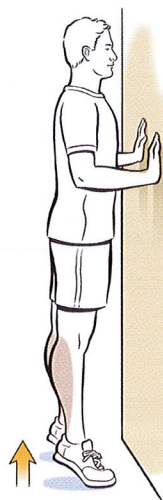


CAUTION

- Don't arch your back or hunch your shoulders.

□ CALF RAISE

- 1 Stand up straight with both feet flat on the floor, slightly apart. Place your hands on a wall. If needed for balance, hold on to a sturdy chair, railing, counter, or table.
- 2 Raise both heels so you're standing on the balls of your feet. Hold for _____ seconds. Then, slowly lower your heels back down to the floor.
- 3 Repeat _____ times. Do _____ sets a day.

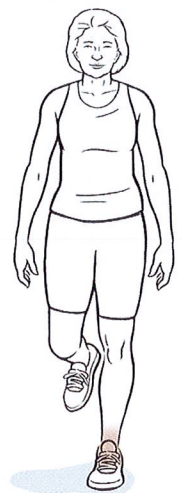


CAUTION

- Don't arch your back or lock your knees.
- Don't lean on your hands.

□ SINGLE-LEG BALANCE

- 1 Stand up straight, arms at your sides.
- 2 Bend one leg at the knee to lift your foot up behind you. Stand and balance on the other foot. Hold for _____ seconds. Lower the raised foot.
- 3 Repeat step 2 with your eyes closed. Hold for _____ seconds. Lower the raised foot.
- 4 Repeat _____ times on each side. Do _____ sets a day.

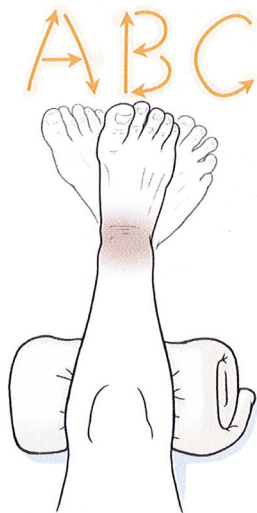


CAUTION

- Stand near a wall or sturdy counter or chair in case you lose your balance.

□ ANKLE ALPHABET

- 1 Sit on the floor with your legs straight in front of you. Rest your _____ calf on a rolled-up towel.
- 2 Use your foot to write the letters of the alphabet in the air.
- 3 Repeat _____ times a day.

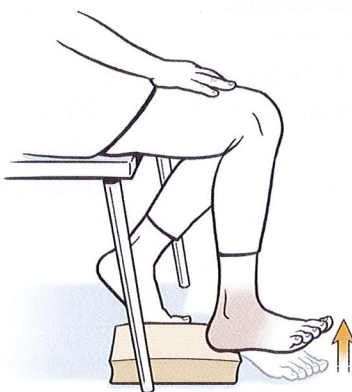


CAUTION

- If your ankle is swollen, be sure it is elevated above your hip.

□ REVERSE CALF RAISE

- 1 Sit on a chair with your _____ heel on the edge of a book or block of wood (see note).
- 2 Keeping your heel on the book or wood, raise the front of your foot as far as you can. Then, lower your toes to the ground.
- 3 Repeat _____ times. Do _____ sets a day.



CAUTION

- Use a book or block no thicker than 3 inches.

□ ISOMETRIC ANKLE EXERCISE

- 1 Sit in a chair next to a wall or sturdy table leg.
- 2 With your _____ heel on the ground, push the inside of your foot against the hard surface. Hold for _____ seconds. Relax. Repeat _____ times.
- 3 With your _____ heel on the ground, push the outside of your foot against the hard surface. Hold for _____ seconds. Relax. Repeat _____ times.
- 4 Do _____ sets a day.



CAUTION

- Push only with your foot, not with the rest of your leg.
- Choose a surface to push against that will not move.

This product is not intended as a substitute for professional medical care. Only your doctor can diagnose and treat a medical problem.

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