

Towel stretch

Place the middle of the towel around the top half of your foot. Then grab then ends of the towel and begin to pull back until you feel a good stretch. Hold stretch for 30 seconds.



Standing soleus stretch

Stagger your feet and place your hands against a wall. With your forward leg, allow it to keep straight and let your back leg begin to bend. Hold stretch for 30 seconds

Toe Crunches



Curl up your toes and crunch them along the floor.



Standing calf stretch

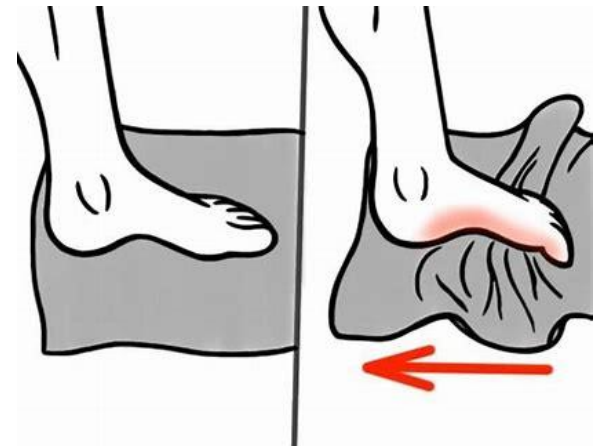
Stagger your feet and place your hands against a wall. With your forward leg, allow it to start to bend slightly while keeping your back leg straight. Hold stretch for 30 seconds

ABC's



Take your foot and draw out the alphabet in upper and lower case with each foot.

Toe Curls



Lay out a towel and place your feet on the edge of the towel and begin to grab the towel by curling your toes and bringing the towel towards you.

Towel Walks



If you have difficulty walking or balance problems use close to something so that you can stabilize yourself. Roll up a towel long ways. Then proceed to walk from one end of the towel to the other.



Gently apply pressure to the ball, pushing your foot to the ground and slowly moving forward and backward. You should move the ball from your toes to your heel. Roll your foot on the ball for 30 seconds, then repeat with the other foot. Repeat twice a day for three or four days or until the pain is lessened.