
1. Gastrocnemius stretch, standing behind chair

3 Sets • 3 Reps • 30 s hold



In a standing position, hold on to a table or chair for support and step the symptomatic leg back behind you.

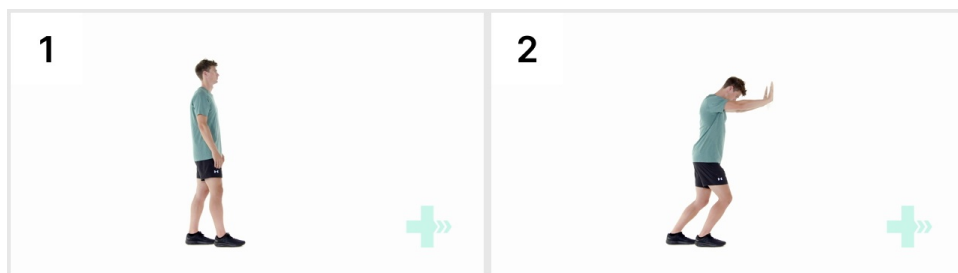
Keep the heel on the floor and the toes pointing forwards.

Bend the front knee, moving your body forwards, until you feel a stretch in the back of the calf.

Make sure your heel does not come off the floor and your back knee does not bend.

2. Soleus stretch, hands on wall, standing

3 Sets • 3 Reps • 30 s hold



Stand up straight facing a wall.

Step your affected leg back behind you.

Keep your heel on the floor and your toes pointing forwards.

Bend your front and back knee a little.

Your back heel may come off the floor.

Place your hands on the wall for balance if needed.

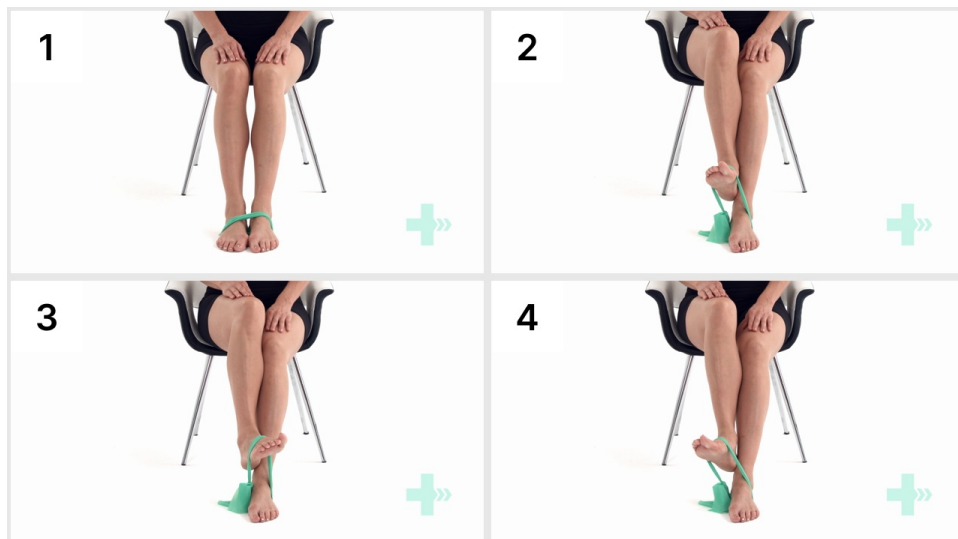
Sink your weight through your heels.

You should feel a stretch in the lower part of your calf.

Hold this position.

3. Ankle inversion/eversion strengthening, with resisted dorsiflexion, sitting

3 Sets • 10 Reps • 3 s hold



Sit with your legs straight out in front.

Tie a resistance band around both feet and slightly bend your affected leg, creating tension in the band.

Pull the foot of your affected leg towards you against the resistance of the band.

Holding this position, turn your foot inwards and outwards, keeping your knee pointing straight up to the ceiling.

4. Ankle plantar flexion strengthening, with band, sitting legs straight

3 Sets • 10 Reps



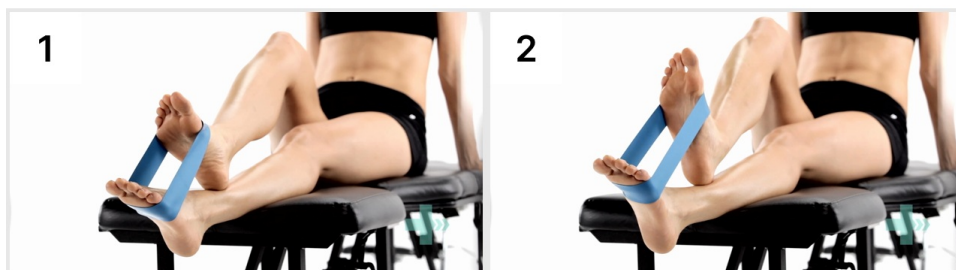
Place a band underneath your foot and hold the other ends in your hands to create some tension.

Point your toes down against the resistance of the band, then control the movement as you return to the start position.

Make sure to keep your knee straight during this exercise.

5. Ankle dorsiflexion strengthening, with band, sitting legs straight

3 Sets • 10 Reps



Start in a seated position with your legs extended.

Take the band and place it around your feet.

Next, bend your knee on the affected side so that your heel is resting on your shin.

Pull the toes of the affected side up towards your head as you maintain tension in the band.

The unaffected foot acts as an anchor to allow more tension to be created in the band.

Relax to the starting position and repeat.