

Cheltenham Podiatry
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1. Single leg calf raise toes dorsiflexed on step

1 Set / 5 Reps / 5 s hold



Stand up straight on a step facing a wall or supportive surface.

Position a rolled towel on the step.

Walk your feet back so that your heels hang off the edge of the step and the toes of your affected foot are on the towel.

Stand on your affected leg and perform a calf raise, pushing up onto your toes.

Hold this position.

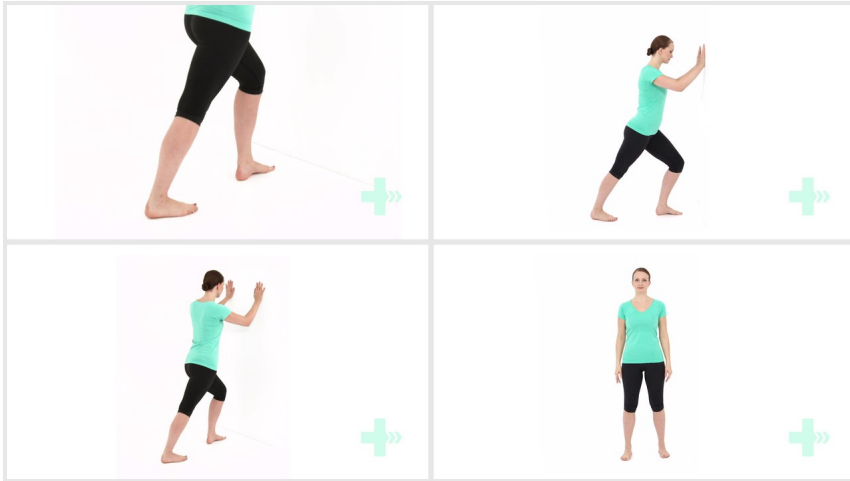
Control the movement as you slowly lower your heel back down over the edge of the step.

Ensure you keep your knee straight throughout the movement.

you do NOT need the step, do it with towel under the big toe on the ground

2. Gastrocnemius stretch in standing (holding on)

1 Set / 1 Rep / 10 s hold

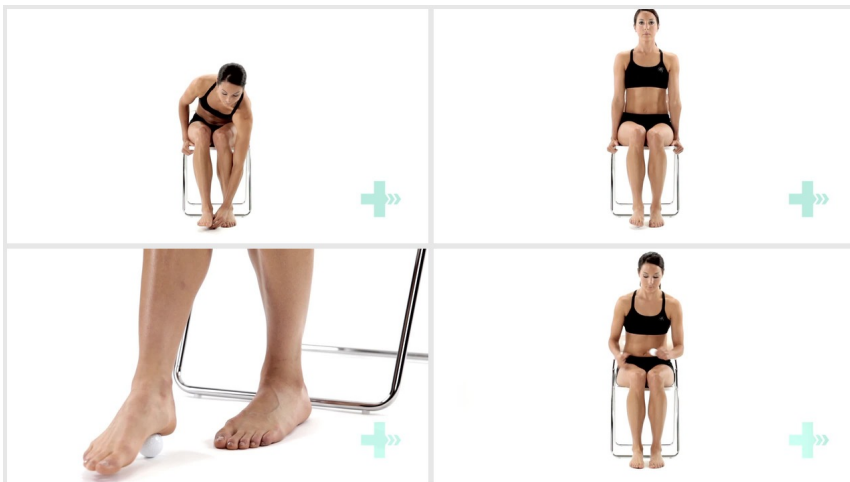


In a standing position, step your affected leg back behind you. Keep the heel on the floor and the toes pointing forwards. Bend the front knee, moving your body forwards, until you feel a stretch in the back of the calf. Make sure your heel does not come off the floor and your back knee does not bend.

both legs

3. Plantar fascia ball roll

1 Set / 5 Reps / 10 sec duration



Start in a seated position. Place a small ball underneath the arch of your foot. Apply pressure down on the ball, and roll the ball from the base of the heel up to the base of the great toe.