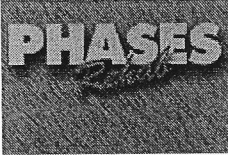


Foot / Ankle Stretches

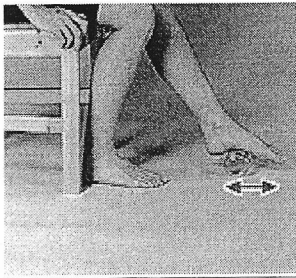


Aldrich Chiropractic Center

100 N Hamilton Road
Columbus Ohio 43230

(614)471-0018

Client :
Client ID :
Date :



Plantar Fascia (Bottle)
Place bottle under arch of foot.
Roll foot back and forth over bottle.
(a cold bottle out of the fridge works well)

Sets:	
Reps:	2-4x
Weight:	
Hold:	30 sec
Rest:	
2 x/day	

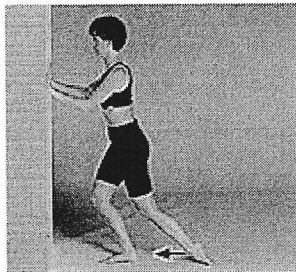
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Plantar Fascia Dorsiflexion
Place towel under ball of foot sitting with leg extended out in front and gently pull foot back towards shin.

Sets:	
Reps:	2-4x
Weight:	
Hold:	30 sec
Rest:	
2 x/day	

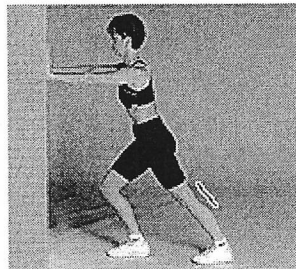
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Tibialis Anterior
Standing, place top of foot on floor behind you.
Bend knees slightly.
Pull as though you are dragging top of foot along floor to feel a stretch in the shin.

Sets:	
Reps:	2-4x
Weight:	
Hold:	30 sec
Rest:	
2 x/day	

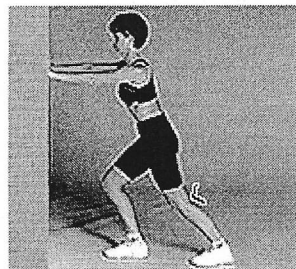
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Gastrocs Wall
Standing in a lunge position, supporting upper body against wall.
Keeping back foot heel on floor and knee straight, bend front knee.
Shift body weight forward through pelvis to feel a stretch in the upper calf area.

Sets:	
Reps:	2-4x
Weight:	
Hold:	30 sec
Rest:	
2 x/day	

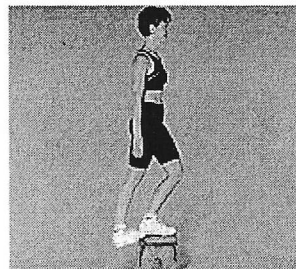
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Soleus Wall
Standing in a lunge position, supporting upper body against wall.
Keeping back foot heel on floor and knee slightly bent, bend front knee.
Shift body weight forward through pelvis to feel a stretch in the lower calf area.

Sets:	
Reps:	2-4x
Weight:	
Hold:	30 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Gastrocs Step
Standing tall with ball of foot on edge of stair or block.
Drop heel over edge to feel stretch in the calf.

Sets:	
Reps:	2-4x
Weight:	
Hold:	30 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31