



# Prairie Path

## Foot & Ankle Clinic

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### Foot Stretches



#### Band Stretch

- Sit on floor with legs stretched out in front of you
- Loop the exercise band around bottom of foot
- Slowly pull the band towards you while keeping your body straight
- Hold the stretch for 15-30 seconds, then relax
- Repeat ten times for each foot



#### Heel Drop

- Stand on a step with entire forefoot supported
- Drop one heel at a time just to the point of discomfort and relax your calf. Your heels will move toward the ground as your calves stretch
- Hold the stretch for 30 seconds
- Repeat three times for each foot
- If you feel stable enough, you can perform this stretch for both legs at once by dropping both heels down at the same time



#### Foot Rubz Ball Stretch

- Roll your bare injured foot back and forth from the tip of the toes to the heel over Foot Rubz Ball for 10 minutes.
  - This is a good exercise after activity because it stretches the plantar fascia.
- \*For maximum results apply Biofreeze before stretching



#### Achilles Wall Stretch

- Find sturdy wall
- Face the wall with hips squared to the wall
- Step one foot forward
- Place ball of forward foot near the top of the baseboard (height will vary based on flexibility)
- Keep the knee of front leg straight
- Place your hands on the wall and lean into the wall like a push up
- Hold for 30 seconds

- Switch sides
- Repeat 3 times per side