

## Katherine E. Chou, DPM

2100 Webster St, Ste. 407, San Francisco, CA 94115

Phone: (415) 426-7771 Fax: (415) 967-7053

www.drkatherinechou.com admin@drkatherinechou.com

---

### Ankle Exercises:

- Stand on one foot and slowly raise up on the toes, repeating this until the muscles fatigue - 3 sets to fatigue separated by 30-60 seconds of rest are usually sufficient. You may have to steady yourself on a counter or wall initially but eventually you'll be able to balance yourself without assistance.
- Range of motion exercises #1:
  - Slowly rotate foot and ankle in a circle, alternating in either direction. Try to move in full range of motion. Perform many times per day.
- Range of motion exercises #2:
  - Write the alphabet with your foot without moving your knee. Pointing your big toe, make letters about six inches tall. Repeat the whole alphabet about five times a day.

### Achilles Tenditis Exercises:

- Eccentric heel exercises:
  - Raise up on both toes, transfer all the weight to the injured side and slowly return heel to the ground in a slow controlled motion. Repeat (on both sides if necessary) 10 times on each. For best results, do 2-3 sets each day.
- Calf stretches:
  - Back knee straight, foot pointed forward (or slightly inward) and heel down on the ground. Hold for 30 seconds, no bouncing. Repeat on each side 10 time each. For best results, complete 2-3 sets daily.

### Plantar Fasciitis Stretches:

- Plantar Fascia Stretch:
  - You **MUST** do this stretch **BEFORE** putting any weight on your foot (That means before you get out of bed, or after you've been sitting for over an hour.)
  - Cross your affected foot over the opposite knee.
  - Use the same side hand as the injured side to pull back your toes firmly.
  - Use your other hand to feel the tight plantar fascia to make sure you are stretching properly. You may not feel like you are stretching your foot.
  - Hold this stretch for 30 seconds, release it for 5 seconds. Repeat 4-10 times in one sitting.
  - Repeat this this stretch at least 3 times daily, **MOST IMPORTANTLY FIRST THING IN THE MORNING BEFORE STEPPING DOWN.**
  - You must do these exercises **EVERY DAY.**

## **Katherine E. Chou, DPM**

2100 Webster St, Ste. 407, San Francisco, CA 94115

Phone: (415) 426-7771 Fax: (415) 967-7053

www.drkatherinechou.com admin@drkatherinechou.com

---

- Be patient. Your body still needs to complete the process of healing in its own time frame. This exercise allow healing to continue in an uninterrupted fashion.
- It may take 8-12 weeks of stretching\* (if only doing this stretch) to feel significant relief of pain.
- → Alternative plantar fascia stretch - for those unable to reach their feet easily
  - While sitting upright, either on the edge of the bed or a chair, press your toes to the ground to the side and a little behind you.
  - Your big toe joint should be bent as much as is comfortable and your heel should be up in the air