

SOUTH SHORE PHYSICAL THERAPY

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Ankle

1. Ankle Circles
 - Up and Down
 - In and Out
2. Calf Stretch
 - Foot forward on step lean forward heel lower than step
 - Foot behind heel flat on floor lean forward
3. Shin Stretch
 - Top of foot on ground drag
 - Kneel with your shins flat on the ground
 - Sit back on your heels, slowly increasing the pressure lifting knee
4. Lateral Ankle Stretch
 - Place outside of foot on ground
5. Medial Ankle Stretch
 - Place inside of foot on ground
6. Plantar Fascia Stretch
 - Stand at steps-Stretch toes on rise of bottom Step
 - and bring knee forward
7. Sole roll
 - Use edge of table or broom handle on floor to roll feet out
8. Calf Raises Try walking on toes 30ft with toes straight /rotated out /rotated in
 - Try walking on heels 30ft with toes straight /rotated out /rotated in
9. Dorsiflexion strengthening: lean against wall dorsiflex B feet lower but don't touch ground 20 X
 - Try one foot
10. Eversion/Inversion
 - Stand next to wall – push outside of foot outward
 - Stand next to wall – push inside of foot outward
11. Towel grabbing
 - Grab towel on floor with toes two sets of 60 toe grasps with each foot
12. Stand on one foot by kitchen sink opposite knee up with thigh parallel with floor
 - sway to left and right swing arm as if walking