Self-stretch

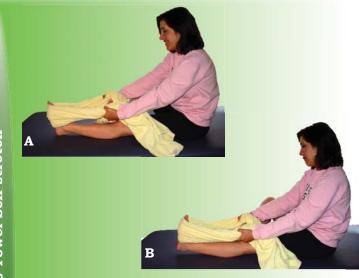
Soleus

- Avoid high heels, unless discussed with your physician.
- If you have to do a lot of driving, you may experience less pain if you:
 - o Use the cruise control, whenever possible.
 - o Place a block beneath your heel so that your forefoot is higher up on your accelerator.
 - o Change foot position as often as possible.
- When seated your feet should be well supported by the floor in a comfortable manner.
- o Avoid sitting at barstools with you heels hooked on a rung.
- Avoid walking on uneven or rough surfaces.
- o Avoid in sand (unless previously conditioned) or upon walkways with uneven bricks or cracks.
- o Avoid tilted surfaces. Walk at the apex of a non-busy street, if necessary.
- Socks & stockings
 - o Avoid socks that have a tight elastic band at the top that may compress your skin excessively at you calf
 - o You may want to wear long warm sock to bed to keep your calves warm during sleep.





- If you're experiencing pain on awakening, then use a foot bracing pillow, see figure A.
- If your feet don't sit at right angles or an appropriate angle on the floor, then use a sandbag or footstool, see figure B.
- Avoid foot-rests that place your feet as in figure C.
- **Avoid** shoes with smooth leather surfaces. It is better to have good traction & control when you walk.

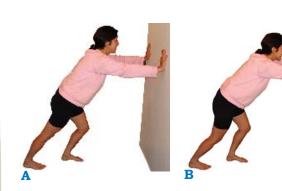


Follow this sequence:

- 1. You are sitting comfortably with your back against a wall & a towel or belt around your forefoot (figure A)
- 2. Pull the towel back maximally towards you.
- 3. Press your toes into the towel (figure B) for 5 seconds.
- 4. Upon stopping the press the towel should come back more towards you, along with your toes/
- 5. Repeat steps 2-4 for 3 repetitions & then the whole procedure 3 times a day.



While in the seated position place the heel of your foot on your thigh. Grasp your toes with the hand on the same side as the foot and use your other hand to stabilize your heel. Pull your toes towards your nose & hold them there. Press with your toes & foot into your hand for 3 deep breaths or 15 seconds. Upon relaxing your press should find that your foot bends even more backwards towards your nose. Repeat this exercise on both sides for 3 times & then 3 times a day.



Lean against the wall with one foot forward & the other backwards, but keep both feet flat on the floor. The forward leg should be bent at the knee & the back leg should have the knee straight to stretch the gastrocnemius (figure A). The back leg can be bent as long as the heel doesn't leave the floor to stretch the soleus (figure B). Hold this position for 15-30 seconds & then repeat on the other side. Repeat this exercise on both sides for 3 times & then 3 times a day.

Either in your socks or your bare feet sit down upon your knees with your toes tucked underneath you, figure A. Placing your hands in the prayer position corrects upper postural imbalances. If you cannot sit back on your heels very much, as in figure B, this is okay. However, each day assume the starting position and place just enough weight upon your toes as you sit back so that you feel the feather's edge of discomfort in your heels & hold this position for 15 seconds.

The next part of this exercise brings you forward onto your elbow, taking the weight off of you heels (figure C). Hold this position for 3 deep breaths. Then return to the start position. Repeat this exercise 3 times & then 3 times a day.



Soleus Table Stretch on the sea of circumstance of circumstanc

Place your palms on a table or counter & position one foot about a foot in front of the other. Allow yourself to sink deeper & deeper into your front foot, keeping your forward heel on the ground. Hold this position for 15-30 seconds & then repeat on the other side. Repeat this exercise on both sides for 3 times & then 3 times a day.



Stair Strengthening

Stand on a stair allowing gravity to lower your heel lower than your toes. Press with you toes so that your whole body rises maximally. Then, allow gravity to lower yourself back to the start position. Repeat this 15 times. Do 3 sets. Once you are strong enough, then you can do one leg at a time. Do not begin strengthening exercises until you are painfree.



Follow this sequence:

- You are sitting comfortably with your feet flat on the floor (figure A)
- 2. Press the toes of your feet into the ground for 5 seconds (figure B) & then return to the starting position for 5 seconds.
- 3. Lift the toes of your feet off the ground for 5 seconds (figure C) & then return to the starting position for 5 seconds.
- **4.** Repeat steps 2-3 for 6-15 repetitions. Perform this balancing exercise every half hour when sitting for extended periods.









Probably the best exercise for this muscle is walking. Make sure that you maintain a youn posture write walking and that your hip is able to fully extend when your toe leaves the ground. You should feel your gluteus maximus contract when you are in this fully extended position. If you don't feel it, then stretching the hip flexors, as well as the gluteus maximus, is a must.

Running and cycling, as well as using an elliptical trainer, are also great exercises to strengthen the quadriceps. Remember to stretch before & after these exercises to decrease your chance of a recurrence of injuring your quadriceps.