

Name: \_\_\_\_\_  
DOB: \_\_\_\_\_  
URN: \_\_\_\_\_

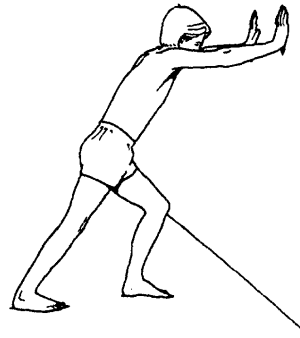
## Physiotherapy

# Ankle and Foot Stretching Exercises

### 1. Gastroc Stretch

Keeping your back leg straight, with your heel on the floor and turned slightly outwards, gently lean into the wall until you feel a stretch in your calf.

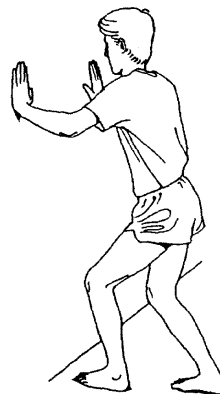
Hold \_\_\_\_ seconds  
Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.



### 2. Soleus Stretch

Standing with both knees bent and your involved foot behind, gently lean into the wall until you feel a stretch in your lower calf.

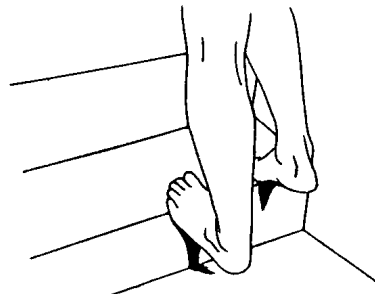
Hold \_\_\_\_ seconds.  
Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.



### 3. Plantar Fascia Stretch

Standing with the ball of your foot on a step, push your heel down toward the lower step until you feel a stretch through the arch of your foot.

Hold \_\_\_\_ seconds.  
Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.



Physiotherapist \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_  
(Name & Designation)

*If you have any concerns with this advice or exercises, please contact your physiotherapist.*



\*25110\* Advice or Information

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