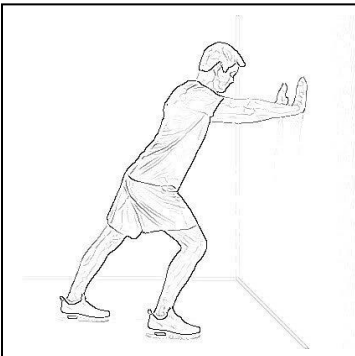




# Trinity Health

## ANKLE MOBILITY EXERCISES

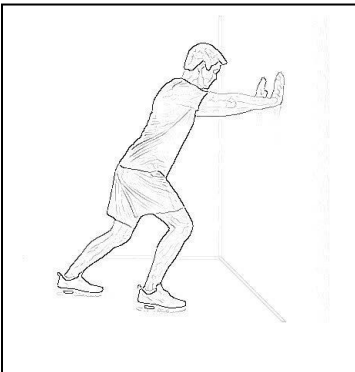
### Gastrocnemius Stretch



Begin facing a wall or sturdy object. Step forward with one foot. Keep both feet pointed forward during the stretch. Lean forward toward the wall, keeping the back knee straight. Allow the knee of the front foot to bend until you feel a stretch in the calf of the leg that is behind you. You can move closer or further from the wall to adjust the stretch.

Hold the stretch for 20-30 seconds  
Perform 3 sets per session  
Perform 1-2 sessions per day

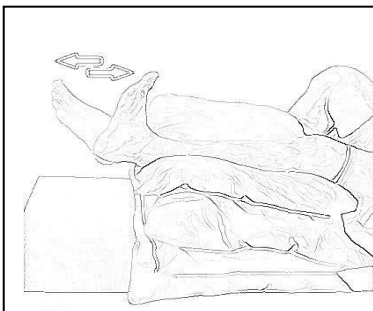
### Soleus Stretch



Begin facing a wall or sturdy object. Step forward with one foot. Keep both feet pointed forward during the stretch. Lean forward toward the wall, keeping the back knee **bent**. Allow the knee of the front foot to bend until you feel a stretch in the calf of the leg that is behind you. You can move closer or further from the wall to adjust the stretch.

Hold the stretch for 20-30 seconds  
Perform 3 sets per session  
Perform 1-2 sessions per day

### Ankle ABCs



With your ankle elevated or in sitting, spell out the ABC's with your foot. Make the letters as big as possible in order to move the ankle through as large of a range of motion as possible.

Complete the alphabet 3 times  
Perform 1-2 sessions per day



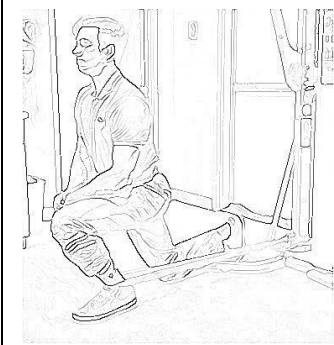
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## ANKLE MOBILITY EXERCISES

### Ankle Dorsiflexion Mobilization



If you have a strong elastic band, place it around the ankle just under the prominent ankle bones (as pictured). If you do not have a band, perform the exercise the same without the band. Begin in a half kneeling position. Drive your front knee forward over your toes as far as possible, then return to your starting position (if using a band, you should feel it pull backwards against your ankle). Repeat, trying to move your knee further past your toes each time.

Perform 10 repetitions  
Perform 3 sets per session  
Perform 1-2 sessions per day



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Trinity Health Injury Care Clinic and Physical Therapy at Grand Valley State University