

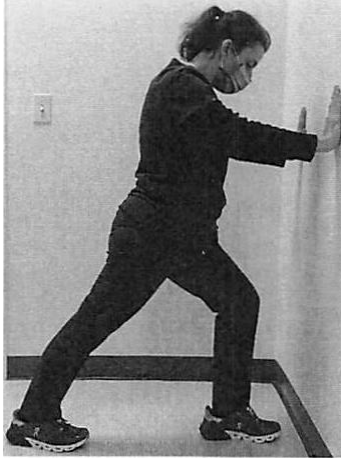


Step By Step Family Foot Care

DIVISION OF NEW JERSEY PODIATRIC PHYSICIANS & SURGEONS GROUP, LLC

Wall Stretch Instructions

1. Place your hands on a wall shoulder width apart and at shoulder height.
2. Place the symptomatic leg extended straight behind you and keep the heel to the ground.
3. Place the non symptomatic leg close to the wall (6" away) and bend your knee so you are forward doing a lunge.
4. Stretch your calf to the point where you feel a strong pull but no pain. Do not let your heels come off the ground.
5. Keep your rear foot facing straight toward the wall, hold the position for 20 seconds, and then relax.
6. Repeat 5 times on each foot in a slow controlled manner.
7. This stretch series should be done at least twice a day.



Stair Stretch Instructions

1. Stand on the bottom stair with the ball of the problematic foot on the edge of a step. With at least one hand, hold onto something solid for balance, such as a handrail.
2. Slowly bend the knee of the foot that is fully planted on the step until you feel a stretch in the back of your calf and/or Achilles area on the problematic foot.
3. Hold this position for at least 20 seconds.
4. Repeat on each foot 5 times a session.
5. Repeat this set of stretches at least 3 times a day.

