

PhysioTools Online

## Personal exercise program

### Heelcord Stretching Exercises-Active

CommuniCare Therapy

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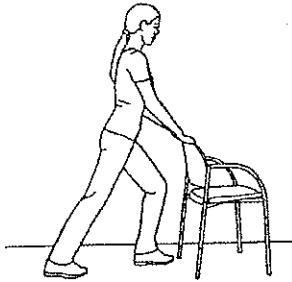
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*Work with the Best*



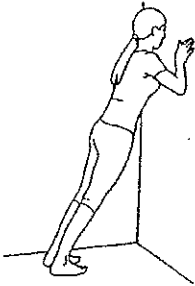
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#### Ankle Dorsiflexion

Stand in a walking position with the leg to be stretched straight, behind you, and the other leg bent, in front of you. Take support from a wall or chair. Ensure your toes are facing the wall.

Lean your body forwards until you feel a comfortable stretch in the calf of the straight leg.

Hold the stretch for 20-30 seconds. Repeat 2-3 times per leg.



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#### Ankle Dorsiflexion

Stand with your feet together, facing a wall, leaning against it with your arms and back straight.

Let your body drop towards the wall. by bending your arms, keeping heels on the floor. You should feel a comfortable stretch in your calves.

Hold the stretch for 20-30 seconds. Repeat 2-3 times per leg.

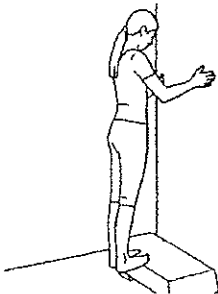


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#### Ankle Dorsiflexion

Stand, facing a wall, hands on the wall supporting yourself. Place one forefoot against the wall, keeping your heel on the floor. A comfortable stretch should be felt in your calf.

Hold the stretch for 20-30 seconds. Repeat 2-3 times per leg.



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#### Ankle Dorsiflexion

Stand on a step with both heels over the edge. Hold on to a support. Gently allow your heels to lower towards the floor. A comfortable stretch should be felt in your calves.

Hold the stretch for 20-30 seconds. Repeat 2-3 times per leg.