



# Stretching Exercises for Feet

## Instructions

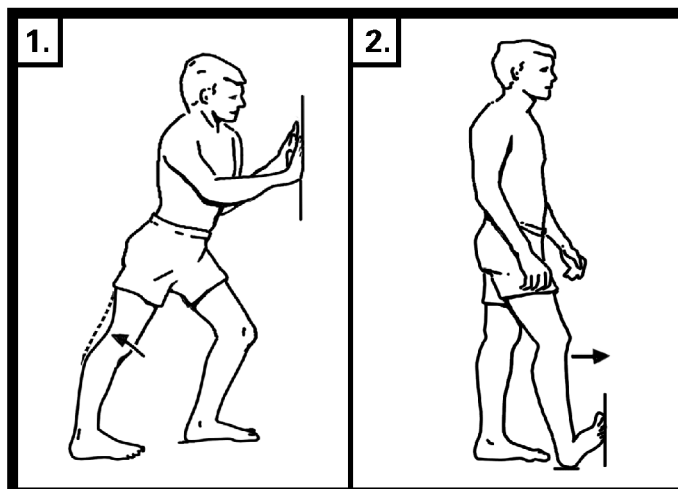
Try these stretching exercises to help treat your foot. They should be done for 5-10 minutes a day, after you shower or bathe. For best results, do a warm foot soak before doing these exercises. After you're done, ice your foot with a bag of frozen peas.

### 1. The Wall Push

Pick a sturdy wall and try to push it over. Start by standing about 2 feet from the wall and push into the wall at chest height. Gradually move one foot back keeping your toe pointed towards the wall. With your heel on the ground, slowly arch your back forward until you feel tightness in your calf. *Do not bounce or jerk.* Hold this tight position for the slow count of ten and then release. Repeat about 5 to 10 times. Do some with your knee bent and some with your knee straightened.

### 2. The Toe Jammer

Stand close to a wall. Put your toes against the wall as high as possible while keeping your heel on the ground. Keep your weight forward on your foot. Bend your knee towards the wall until you feel stretching in the bottom of your foot and back of your leg. Do this for a slow count of 10 and release. Repeat about 5-10 times for each foot.



***Get into the habit of daily stretching. It will become part of your routine and your chances of future injury will be much less. These exercises will stretch your calf muscles and tighten the ligaments on the bottom of your feet.***

## **Questions?**

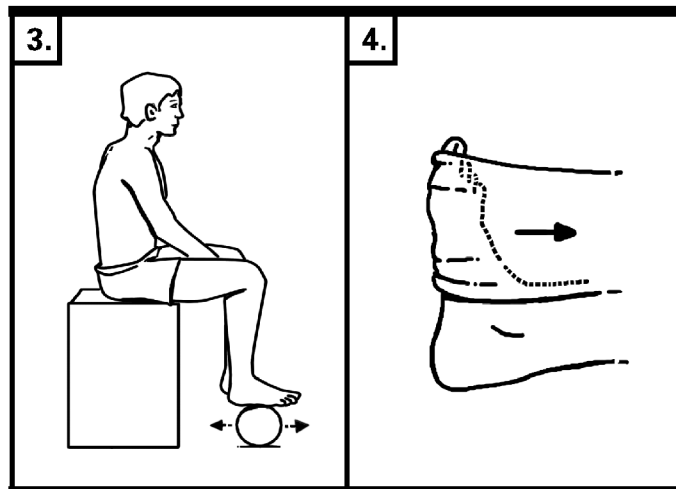
***Call the Exercise  
Training Center:  
206-598-2888***

### **3. Self Foot Massage**

Sit on the edge of a chair in your bare feet. Use a tennis or golf ball or an ice-cold 12 oz. aluminum can and roll it from your heel to toes. Do it for at least 5 minutes.

### **4. The Towel Pull**

This is best done with your foot propped up on a bed or sofa. Take a hand towel and drape it over your toes and the ball of your foot. Hold the ends of the towel and pull them up towards your knee. Flex your toes up, as well as your ankle. This is best done first thing in the morning before you get out of bed. Repeat about 5-10 times for each foot.



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