FOOT & ANKLE CENTER · HOME EXERCISE GUIDE

Ankle Stretching & Range-of-Motion Exercises

Gentle moves to keep your ankle moving and your calf flexible.

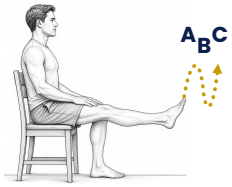
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Coastal Virginia Magazine Top Doc 2020–2026



Do this routine 2 to 5 times a day | About 10 minutes per leg for all 9 exercises

Move slowly and breathe. A stretch should feel like a gentle pull, never sharp pain. Ask us which exercises are right for you and when to start; stand or put weight on the leg only once you are cleared. Times and reps are a guide.

1 Ankle alphabet — ≈ 1 min



1. Sit with your foot off the floor.
2. Lead with your big toe and write A to Z in the air.
3. Keep the movement small, from the ankle.

Once through A–Z

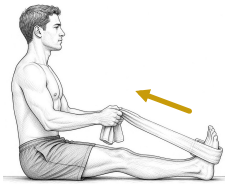
2 Ankle pumps & circles — ≈ 1 min



1. Rest your leg up, on a pillow if you like.
2. Pull your toes toward you, then point them away.
3. Then circle the foot slowly each way.

15 pumps · 5 circles each way

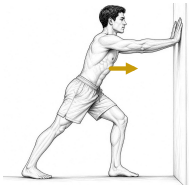
3 Towel calf stretch — ≈ 1 min



1. Sit with your knee straight; loop a towel around the ball of your foot.
2. Gently pull the towel toward you.
3. Feel a stretch in the calf. Sit tall.

Hold 30 sec · 2 times

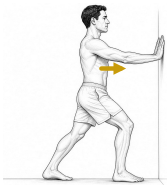
4 Standing calf stretch — ≈ 1 min



1. Face a wall. Back leg straight, heel flat, toes slightly in.
2. Lean your hips toward the wall.
3. Keep the back heel down.

Hold 30 sec · 2 times

5 Lower calf stretch — ≈ 1 min



1. Same stance, but bend both knees.
2. Keep the back heel flat on the floor.
3. Feel the stretch low in the calf.

Hold 30 sec · 2 times

6 Foot in and out — ≈ 1 min



1. Sit with your foot off the floor.
2. Turn the sole of your foot inward, then outward.
3. Move slowly; only the foot moves.

10 each way

7 Toe curls — ≈ 1 min



1. Sit with your foot flat on a small towel.
2. Scrunch your toes to pull the towel toward you.
3. Hold 2 seconds, then relax.

10 curls

8 Band strengthening — ≈ 2 min



1. Loop a band around the ball of your foot; anchor it on a door.
2. Slowly pull toes up, point down, turn in, turn out.
3. Keep each move slow and smooth.

10 each direction

9 Heel raises — ≈ 30 sec



1. Hold a chair or counter for balance.
2. Rise onto the balls of both feet, then lower slowly.
3. Stand only if cleared to put weight on the leg.

10 slow raises

Stop and call us if you have

sharp or worsening pain, new swelling, numbness or tingling, new calf pain or swelling, redness or drainage at an incision, or fever. Walk-in clinic Mon–Fri 9 am–5 pm; after hours **757-321-3300**. **Call 911 for chest pain or trouble breathing.**

Good to know

These exercises support recovery and flexibility; results vary from person to person. If you are recovering from surgery, follow your own surgeon's instructions first.

Questions or pain not improving? Schedule with Dr. Moore.

Fellowship-trained foot and ankle specialist, **Coastal Virginia Magazine Top Doc** 2020–2026.

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ATLANTIC ORTHOPAEDIC SPECIALISTS

To make an appointment: **757-321-3360**
Please ask for Dr. Moore.
Surgical scheduling: **757-321-3307**
1975 Glenn Mitchell Dr, Suite 200, Virginia Beach, VA 23456

This handout is general education, not medical advice or a guarantee of results; recovery varies from person to person. Illustrations are simplified drawings.