

# Cedar Grove

## Foot & Ankle Specialists

**Matthew F. Wachtler, DPM**

*Associate, American College of Foot & Ankle Surgeons*

**Zina B. Capiello, DPM**

*Fellow, American College of Foot & Ankle Surgeons*

886 Pompton Ave, Suite #A-1, Cedar Grove, NJ 07009

Phone # 973-857-1184 Fax # 973-857-3114

### Stretching Exercises

**The towel stretch** is best done in the morning, prior to getting out of bed.

- Place a towel at your bedside to be used first thing in the morning.
- Apply a moderate amount of tension and hold for 30 seconds.
- Do not bounce.
- This exercise should be done twice on each side for a total of 2 minutes.



**The standing calf stretch** is done by leaning against the wall with your back heel flat on the ground as far back as comfortable to feel a stretch in your calf.

- Keep your back knee straight and hold this stretch for 30 seconds on each side.
- Do not bounce.
- Repeat this exercise with the back knee bent, you will now feel the stretch further down the leg toward your Achilles tendon.
- This exercise should be done once with knee straight and once with knee bent on each side for a total of 2 minutes.



**The stair stretch** should be done while holding the wall or a railing for balance.

- With one foot on the ground, step the other foot up onto the step and let the heel hang down gently.
- Do not bounce.
- Hold this stretch for 30 seconds.
- This exercise should be done twice on each side for a total of 2 minutes.



**The frozen can roll** is a great exercise to perform at the end of the day as it provides pain relief and decreases inflammation.

- All you need is a frozen bottle of water.
- While seated, place the frozen water bottle on the ground and firmly massage the arch of your foot back and forth.
- This exercise should be done on each side, for no longer than 2 minutes total.

