Foot and Ankle Corrective Exercises

**Self Myo Fascial Release**

Do these exercises whenever you can, ideally once per day for 15 minutes. Also perform Pre Exercise as a warm up or post exercise as cool down and before static stretching.

Hold on very tender areas for 30-90 seconds to help reduce lumps.

Focus on these areas for your condition.

**Lateral Gastrocnemius/soleus Peroneal Muscles (Supporting)**





**Hamstrings TFL: fleshy muscle at top of IT band**





Static Stretches: 30 second hold/ 6-10 second isometric contraction, 30 sec hold

**Gastrocnemius Soleus**





Biceps Femoris TFL: Tensor Fascia Latae





**Isometric Activation and Strengthening**

10 to 15 reps, 1 -2 sets

Resisted plantar and dorsi flexion Resisted inversion and eversion





**Medial Gastrocnemius Medial Hamstring**





**Dynamic Movement and Balance**

10 to 15 reps under control, 1 to 2 sets

**Knee lift Lunges Single leg squat reaches**





**Step up with knee lift Heel toe raises**





**In addition to these exercises and stretches, I strongly recommend that you regularly attend either some form of flexibility class i.e. Pilates in addition to a resistance training class, preferably a kettlebell training class or circuit training. Please see my website** [www.iam-fitness.co.uk](http://www.iam-fitness.co.uk) **for further information regarding the classes I run.**

**You must aim to foam roll or stretch at least 3 times per week, of which stretching post exercise will class as a 1 of your stretching sessions per week.**