

Michigan Foot and Ankle Center, PC

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Arch Stretch Exercises

1. Place a belt or towel around the forefoot (behind the toes). Pull the belt (toward your head) and hold for 30 seconds with your knee extended (straight without bending).
2. From a sitting position, place a cylindrical object (tennis ball, canned good, etc.) on the floor. Roll from the heel to the ball of the foot back and forth for 30 seconds at a time.

****Continue performing these exercises for a total of 10 minutes. Follow with 10 minutes of ice to the bottom of the heel.*

Achilles Stretch

1. Face the wall with the injured leg back and the other leg forward. The knee on the injured leg should be straight (extended) and the forward knee is bent (as shown). Both heels should be on the ground during the entire exercise. The toes must be facing straight ahead. Hold this stretch for 30 seconds. It is extremely important that you hold this stretch and **DO NOT BOUNCE!**



2. Move closer to the wall and keep your feet evenly spaced apart. Both feet should now be the same distance from the wall facing straight ahead. Keeping your back straight and heels on the ground, bend both your knees and lean toward the wall (using your hands against the wall for balance) and hold for 30 seconds **WITHOUT BOUNCING.**

****Continue to perform these exercises for a total of 10 minutes.*

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