



These exercises should be performed on a daily basis. Your doctor may also instruct you to use ice on the painful area for 15 to 20 minutes on a daily basis. If your symptoms severely worsen, discontinue exercises and contact your physician.



**Ankle Circles**

Sitting in a chair, hold your foot out in front of you and make circles by moving your ankle. Repeat 20 times clockwise and 20 times counter-clockwise.



**Seated Toe Raises (Ankle Dorsiflexion)**

Sitting in a chair, keep your heel on the floor and raise your toes off of the floor. Repeat 20 times.



**Standing Heel Raises**

While standing, raise up on your toes lifting your heels off of the floor. Repeat 20 times.



**Toe Scrunches with Towel**

Sitting in a chair, place your foot on a bath towel on the floor. Scrunch your toes and try to pull the towel toward you using only your toes/foot. Repeat 20 times.