

# UPSWING HEALTH

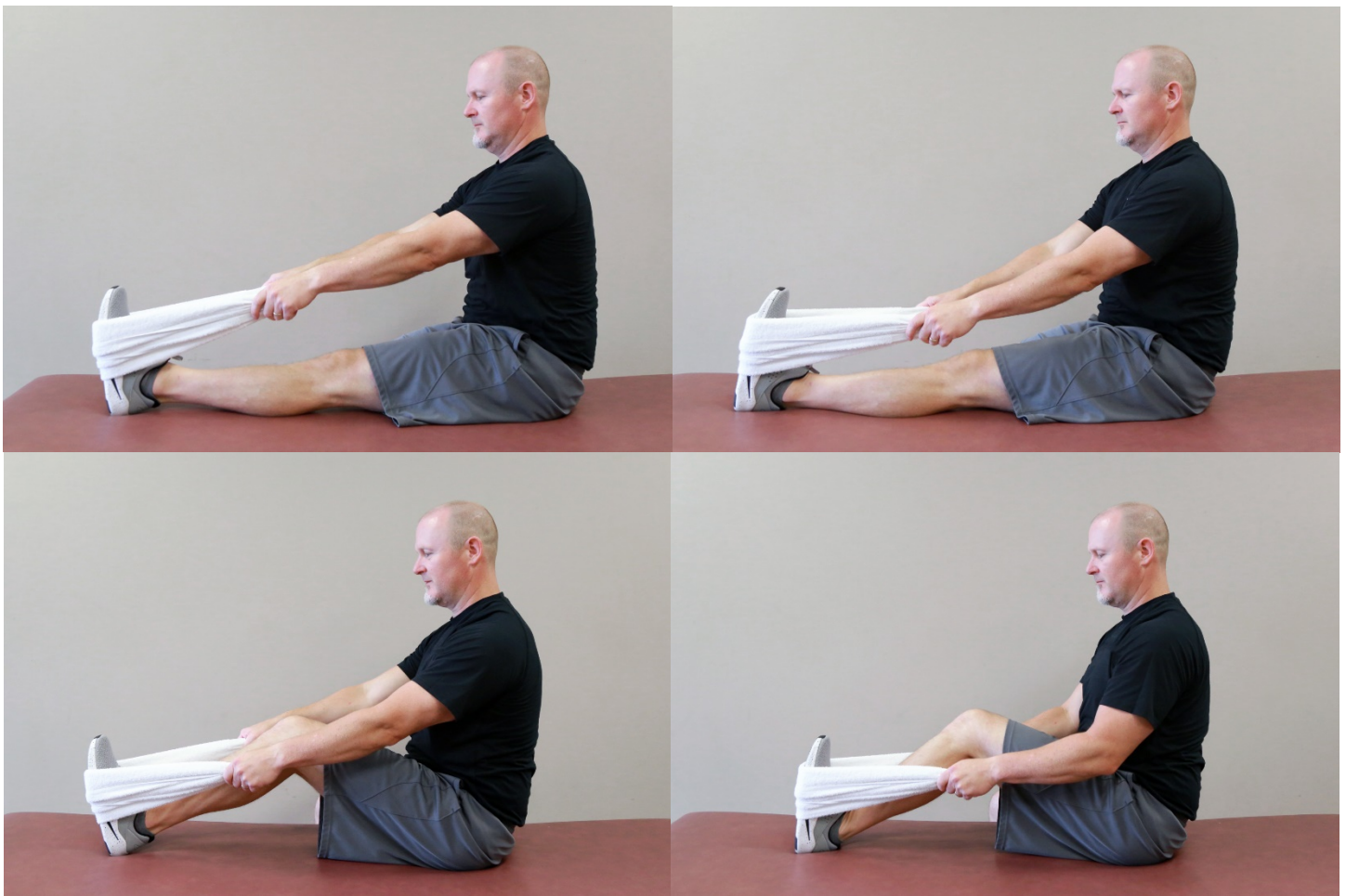
## Peroneal Tendon Tears

### Towel Calf Stretching

Place your involved leg straight out in front of you. Place a towel at the ball of your foot and pull the ends toward you until you feel a stretch in your calf. (Do not hyperextend your knee when you stretch.)

Slightly bend the knee of your involved leg before you place the towel at the ball of your foot. Pull the ends toward you until you feel a stretch in your lower leg.

Hold the stretches 30 seconds each, repeat 3 times, 2-3 times a day.



Discontinue exercises and consult with a medical professional if any discomfort is experienced.

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## Standing Calf Stretching

**Gastrocnemius** - Begin by facing a wall. Keep your back leg straight, with your heel on the floor and your toes turned slightly inward. Lean into the wall until a stretch is felt in your calf. (Keep your back straight as you stretch.)

**Soleus** - Begin by facing a wall. Bend the knee of your back leg, with your heel on the floor and your toes turned slightly inward. Lean into the wall, keeping your knee bent, until you feel a stretch in your lower leg.

Hold the stretches 30 seconds each, repeat 3 times, 2-3 times a day.



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## Ankle Inversion/Eversion

Lie down on your back with your foot elevated. Slowly turn your foot/ankle in, then out (like a windshield wiper), without moving your upper leg. Perform 2-3 sets of 10 repetitions, 2-3 times a day.

