

Foot Stress Fracture Rehabilitation Exercises

Initially, you may be wearing a walking boot to immobilize the foot and prevent weight bearing through the foot. During this time, only gentle **range of motion** should be performed. Always follow the advice of your medical professionals. As you progress out of wearing the walking boot, then you may progress by beginning with the **foot intrinsic muscle strengthening** exercise.

Disclaimer: This guide is for general informational purposes only and does not constitute the practice of medicine or other professional health care services, including the giving of medical advice. No health care provider/patient relationship is formed. The use of information in this guide or materials linked from this guide is at your own risk. The content of this guide is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Do not disregard, or delay in obtaining, medical advice for any medical condition you may have. Please seek the assistance of your health care professionals for any such conditions.

Ankle Range of Motion

Slowly pump your ankle back and forth several times per day. The goal is to keep ankle mobility, which is important when you're still in an immobilization boot. Try to avoid painful movements. Be sure to keep within any restrictions given by your medical professional.

Perform for 10-20 repetitions.



Ankle Range of Motion – Part II

In addition to pumping your ankle back and forth, you may want to try drawing the alphabet using your big toe as a virtual pen as you progress. Attempt to keep the motion only from the ankle. Don't allow the leg or hip to assist.



Foot Intrinsic Muscle Strengthening

Take a hand towel, and lay it out flat on the floor. A slick non-carpeted floor tends to work best. Then try to grab and crinkle the towel using your toes. Be sure to extend the toes, and try to grab as much as the towel as possible before attempting to grab it again.

Perform 3 sets of 10 repetitions on each foot once per day.



Calf Stretch – Gastrocnemius

While standing and leaning against a wall or counter, place one foot back behind you and bend the front knee until a gentle stretch is felt on the back of the lower leg. Maintain a proper upright posture.

Your back knee should be straight the entire time with your heel on the ground.

Hold for 30 seconds, and 3 repetitions per side.

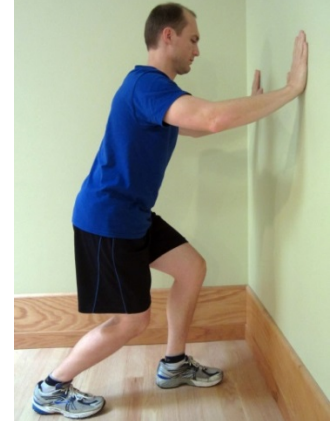


Calf Stretch – Soleus

While standing and leaning against a wall or counter, place one foot back behind you and bend the front knee until a gentle stretch is felt on the back of the lower leg. Maintain a proper upright posture.

Your back knee should be bent the entire time with your heel on the ground.

Hold for 30 seconds, and 3 repetitions per side.



Balancing on One Foot

While standing near a counter top, stand one foot. Use your hands on the counter top as needed to maintain your balance. Maintain a proper upright posture. The softer the surface you stand on, the more difficult the exercise will be.

Hold for 30 seconds, and 3 repetitions per side.



Heel Raises

While standing near a counter top, raise up on your toes as you lift your heels off the ground. Maintain a proper upright posture.

For normal strength, you should be able to perform 25 repetitions on one foot using a counter top for minor balance only. As you work on ankle strength, start slowly as to not aggravate the plantar fascia. Discontinue this exercise if your pain symptoms start to worsen.

Initially, perform with both feet. 10 repetitions at a time (up to 3 sets of 10 reps) once per day. As your pain levels decrease and your strength increases, progress to one foot only. Stay within any restrictions you may have.

