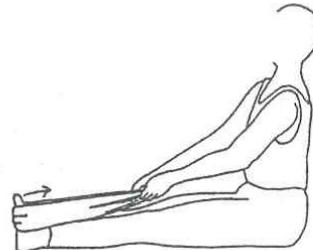


Peroneal Tendon Strain Rehabilitation Exercises

You may start these exercises when you can stand comfortably on your injured leg with your heel resting on the floor and your full weight evenly distributed on both legs.

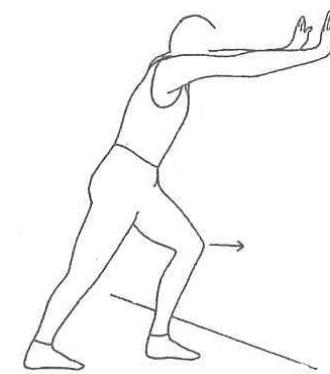
1. Towel stretch: Sit on a hard surface with your injured leg stretched out in front of you. Loop a towel around the ball of your foot and pull the towel toward your body, stretching the back of your calf muscle. Hold this position for 30 seconds. Repeat 3 times.

When you don't feel much of a stretch using the towel, you can start the standing calf stretch.



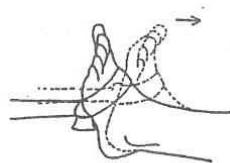
Towel stretch

2. Standing calf stretch: Facing a wall, place your hands against the wall at about eye level. Keep the injured leg back and the uninjured leg forward and the heel of your injured leg on the floor. Turn your injured foot slightly inward (as if you were pigeon-toed). Slowly lean into the wall until you feel a stretch in the back of your calf. Hold for 30 to 60 seconds. Do this 3 times.

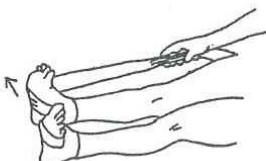


Standing calf stretch

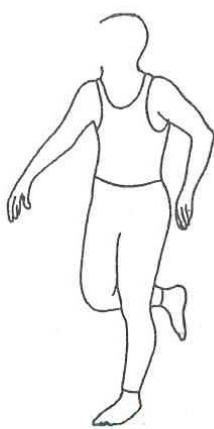
3. Thera-Band exercises



Resisted dorsiflexion



Resisted eversion



Single leg balance

- A. Resisted dorsiflexion: Sitting with your leg out straight and your foot near a door, wrap the tubing around the ball of your foot. Anchor the other end of the tubing to the door by tying a knot in the tubing, slipping it between the door and the frame, and closing the door. Pull your toes toward your face. Return slowly to the starting position. Repeat 10 times. Do 3 sets of 10.

- B. Resisted eversion: Sitting with both legs outstretched and the tubing looped around both feet, slowly turn both feet upward and outward. Hold this position for 5 seconds. Repeat 10 times. Do 3 sets of 10.

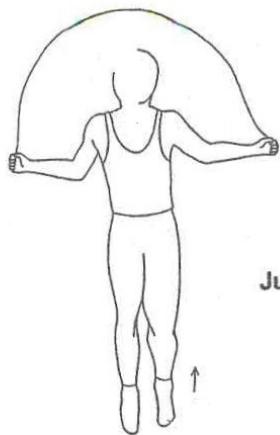
4. Toe raises: Stand in a normal weight-bearing position. Rock back on your heels so that your toes come off the ground. Hold this position for 5 seconds. Repeat 10 times. Do 3 sets of 10.



Standing toe raise

5. Single leg balance: Standing without support, attempt to balance on your injured leg while maintaining a good arch in your foot and not curling your toes. Begin doing this exercise with your eyes open and then attempt to do it with your eyes closed. Repeat 3 times.

Peroneal Tendon Strain Rehabilitation Exercises



Jump rope

6. Jump rope: Jump rope landing on both legs for 5 minutes, then only on the injured leg for 5 minutes.