



Therapi Tyline

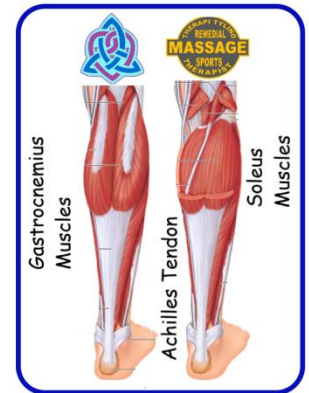
Lockdown Exercises



Lower Leg Stretches

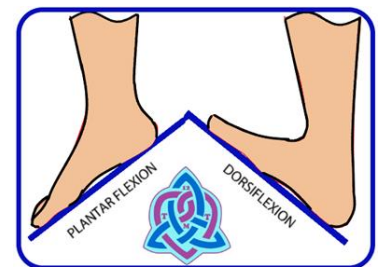
Basic Lower Leg Anatomy

The basic anatomy of the ankle and calf, the lower leg and ankle is a complex system of muscles, tendons, and joints. They work to provide stability and mobility while we walk or run. The Gastrocnemius and Soleus muscles, and the Achilles (Calcaneal) tendon, will be the focus these exercises that are can be performed at home to help lower leg stiffness:



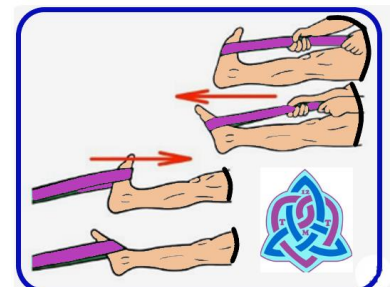
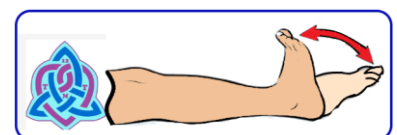
Exercises to Help Plantar Flexion

The normal range of plantar flexion is from a 20-degree angle to a 50-degree angle. Exercises for plantar flexion will let you maintain a normal range of motion. Some exercises will combine plantar flexion and dorsiflexion.



Dorsiflexion (Extension) /Plantarflexion (Flexibility)

1. Sit on a bed or the floor with your legs out straight.
2. Flex your foot back, pushing your heel forward and pulling your toes toward you. This is dorsiflexion. Hold for a count of 5.
3. Then move your foot in the opposite direction, pointing your foot and toes away from you. This is plantarflexion. Hold for a count of 5.
4. Repeat 5 times,.
5. Repeat with the knee slightly bend.
6. Switch to your other foot and repeat.
7. Increase the count and repetitions as exercise become easier
8. The progression of this exercises is to perform utilising a resistance band which is suitably secured.





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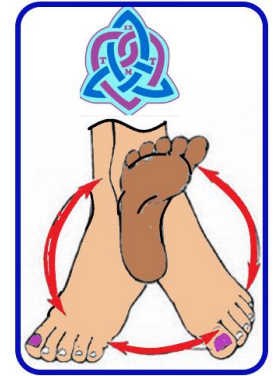


Ankle Range of Motion

This exercise requires movement in all directions. It is easy to do while you are watching television.

1. Sit in a chair. Raise one leg slightly off the floor.
2. Trace the alphabet in the air, leading with your big toe.
3. Repeat with the other foot.

Work up to tracing the alphabet three times.



Marble Pickup

You will need 10 to 20 marbles and a small bowl for this exercise.

1. Sit in a chair and put the marbles on the floor in front of you, not too far in front or to the side.
2. Pick up one marble at a time with your toes. Place each marble in the bowl.
3. Continue until you have placed all the marbles in the bowl.



If the floor is smooth, you can put the marbles on a mat, towel, or rug so they won't roll away from you while you practice.

Toe Raise, Point and Curl

This is a three-part exercise that everybody should perform to keep their feet healthy. It not only makes the feet more flexible but also strengthens them.

This exercise is also good for easing foot pain.

1. Sit straight in a chair, with your feet and toes flat on the floor.
Raise your toes up and hold for a count of 5..
2. Next, stretch and point them straight out and hold for a count of 5.
3. Then, keeping your heels off the floor, roll your toes under and hold for a count of 5.

Do this 10 times in a go. You can do this exercise daily.

