

**CENTER FOR PEDIATRIC ORTHOPAEDICS & SCOLIOSIS**

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PEDIATRIC SPINE SURGERY

PEDIATRIC ORTHOPAEDIC SURGERY

**RANDALL SORRENTINO, PA-C**

PEDIATRIC SPINE SURGERY

PEDIATRIC ORTHOPAEDIC SURGERY

**LISA DOBSON, RN**

PEDIATRIC ORTHOPAEDICS CASE MANAGER

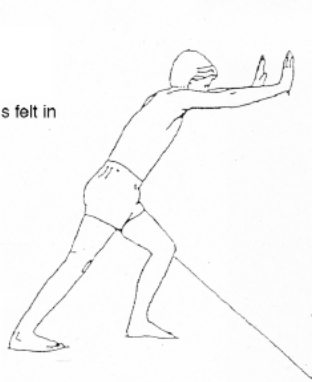
SCOLIOSIS CASE MANAGER

**Ankle/Foot Rehabilitation Program**

**Ankle/Foot – 14 Gastroc Stretch**

Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf.

Hold \_\_\_\_ seconds.  
Repeat \_\_\_\_ times.  
Do \_\_\_\_ session per day.



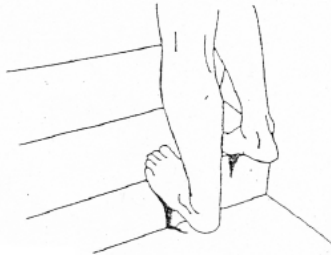
**Ankle/Foot – 13 Soleus Stretch**

Standing with both knees bent and involved foot back, gently lean into wall until stretch is felt in lower calf.

Hold \_\_\_\_ seconds.  
Repeat \_\_\_\_ times.  
Do \_\_\_\_ session per day.



**Ankle/Foot – 12 Plantar Fascia Stretch**



Standing with ball of foot on stair, reach for bottom step with heel until a stretch is felt through the arch of the foot.

Hold \_\_\_\_ seconds.  
Repeat \_\_\_\_ times.  
Do \_\_\_\_ session per day.

**Anterior Ankle Stretch**

In the standing position as in previous exercise. Place the front foot on ground with foot pointed. Put gradual pressure down and forward by bending knee forward. Hold for 3 counts. Alternate with other leg.

