

Exercise Program for Peroneal Tendonitis



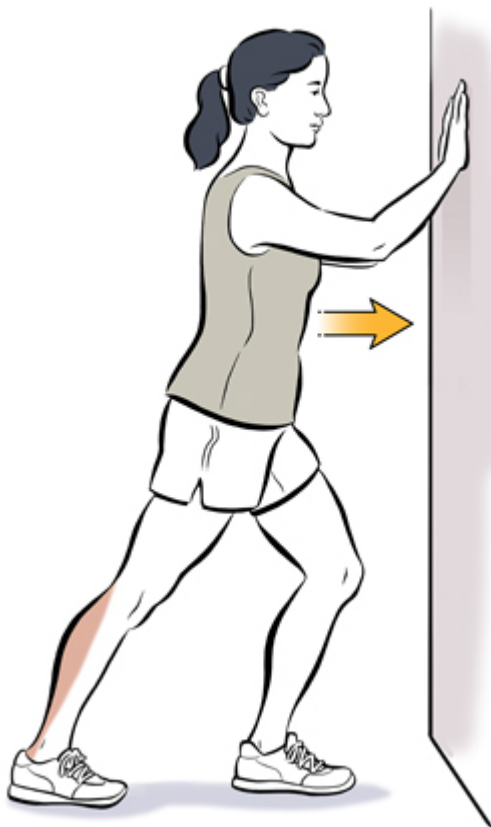
Your healthcare provider may recommend exercises to help treat your peroneal tendonitis.

Talk to your healthcare provider or physical therapist about which exercises are best for you and your rehabilitation goals.

Start each exercise slowly. A little discomfort is normal but stop any exercise that causes pain.

Calf Wall Stretch

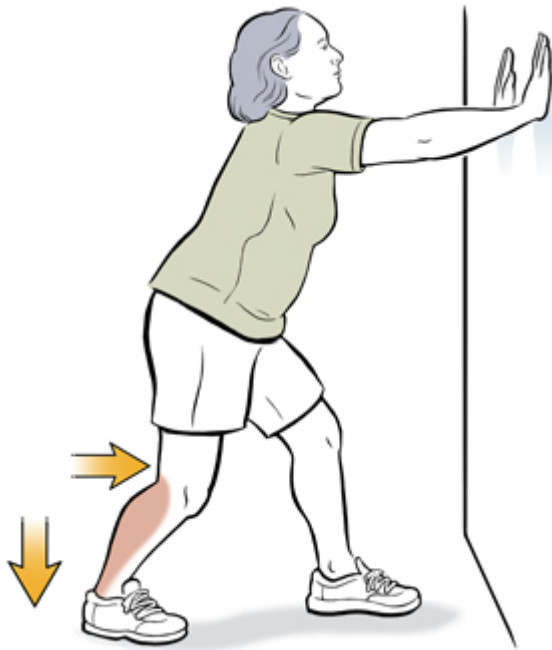
1. Stand facing a wall with your hands on the wall. Take a step back with your affected leg.
2. Keeping your toes pointed forward and both heels on the floor, bend your front knee and shift your weight forward. Keep your back leg straight.
3. Hold the stretch for 15 to 30 seconds, or longer if you can.
4. Repeat 3 times.



Standing Soleus Stretch

1. Stand facing a wall with your hands on the wall. Take a step back with your affected leg.

2. Keeping your toes pointed forward and both heels on the floor, bend both knees and lean forward.
3. Hold the stretch for 15 to 30 seconds, or longer if you can.
4. Repeat 3 times.



Ankle Inversion and Eversion

1. Sit in a chair with your affected leg crossed over your other knee.
2. Hold the bottom of your foot and slowly tilt the sole of your foot toward the floor. Hold for 5 to 10 seconds.
3. Then pull your foot toward you, tilting it to the ceiling. Hold for 5 to 10 seconds.
4. Repeat 10 times.

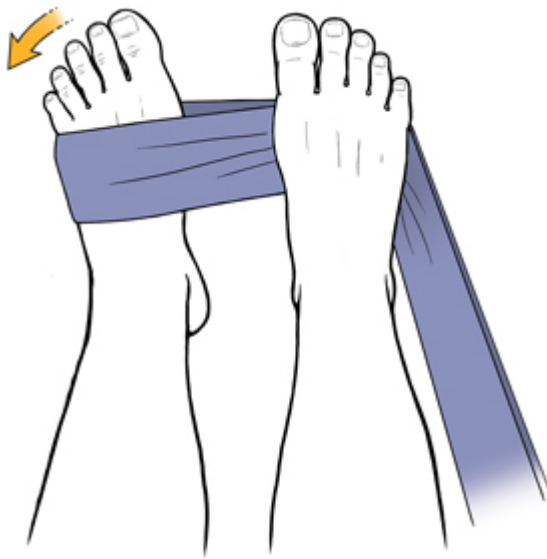


Resisted Ankle Eversion

1. Tie a resistance band or elastic tubing around your affected foot.
2. Sit on the floor with your legs straight. Hold the end of the resistance band and press your unaffected foot against the band to anchor it.
3. Turn your affected foot outward, pulling against the band. Hold for 5 seconds, then return to the starting position.
4. Repeat 10 times.

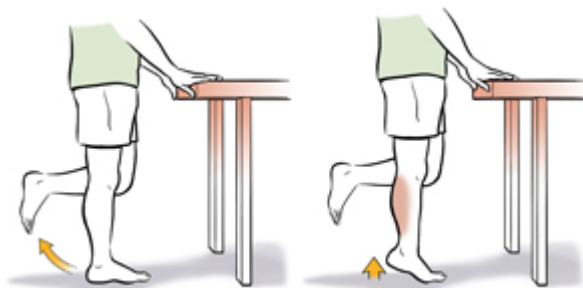
Tips:

- Try to keep your knee still during the movement.
- Do not let your knee turn outward.



Single Leg Calf Raises

1. Stand with your feet shoulder-width apart and your hands on the back of a chair, table, or countertop for balance.
2. Lift your unaffected foot off the floor so all of your weight is on your affected foot.
3. Raise the heel of your affected foot as high as you can, then lower it back down.
4. Repeat 10 times.



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