

Advanced Foot Clinic

Dr. Stephen S. Pirotta Podiatric Medicine & Surgery 1-800-900-8516

3196 N. College Ave Suite 7
Fayetteville, AR 72703
(479) 444-9955

11 Halsted Circle, Suite E
Rogers, AR 72756
(479) 633-8100

Personal Exercise Program



Provided for: _____

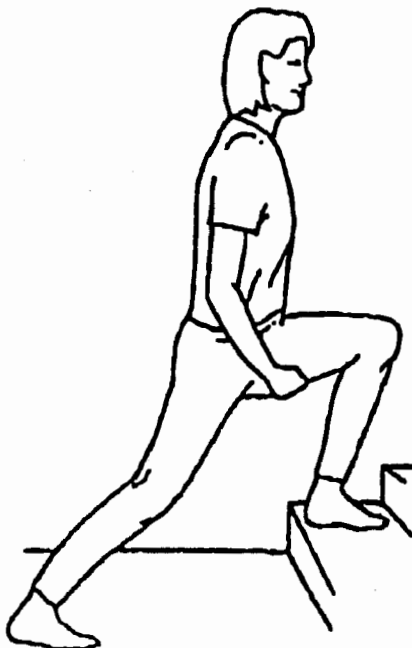
Stand on a step with both heels over the edge. Hold on to a support.

Let the weight of your body stretch your heels towards the floor.

Repeat _____ times.

Do at breakfast, lunch, dinner, and bedtime.

Personal Exercise Program



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Stand. Place your affected foot on a shallow step.

Slowly shift your weight forward over your foot.
Keep your heel in contact with the step during the exercise.
Hold _____ secs.

Repeat _____ times.

Do at breakfast, lunch, dinner, and bedtime.

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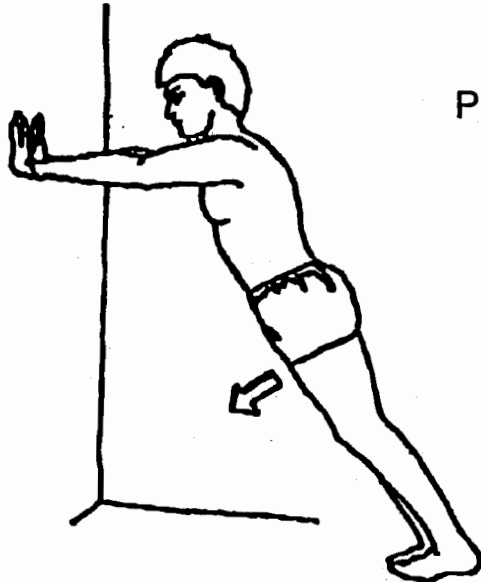
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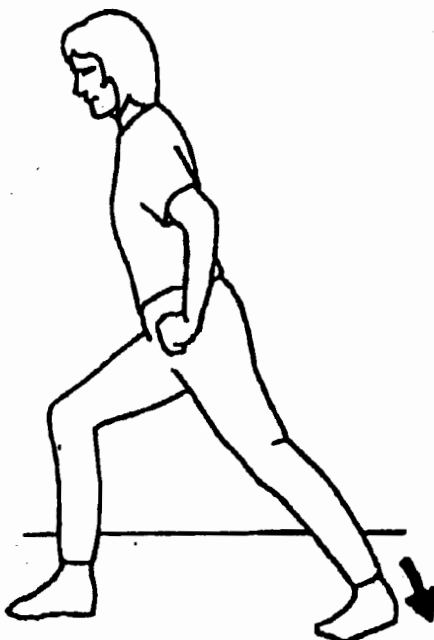
Stand with your feet together facing a wall, leaning against it with your arms and back straight.

Let your body drop towards the wall keeping heels on the floor. You should feel the stretching in your calves. Hold approx. 20 secs. - relax.

Repeat _____ times.

Do at breakfast, lunch, dinner, and bedtime.

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Stand with your feet hip width apart and take a step forward.

Take most of your weight on the leading foot. Gradually take your weight to the back foot stretching your heel to the floor. Keep your upper body in line with your back leg. Hold _____ secs.

Repeat _____ times.

Do at breakfast, lunch, dinner, and bedtime.