



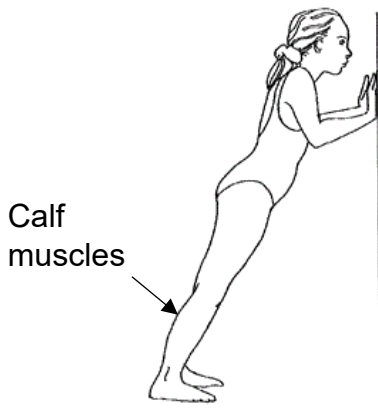
Foot and ankle stretches following serial casting

This leaflet is for children who have had serial casting and are required to do exercises as advised by their physiotherapist or orthotist. Your child may be unsteady on their feet after the cast removal and so may not be able to do all of the exercises below.



- Cup one hand around the heel.
- Keep inside of forearm in contact with the sole of the foot.
- Gently draw the foot towards a right angle stabilising the leg with the other hand.
- Use gentle pressure.

Hold for _____.
Repeat ____ times.

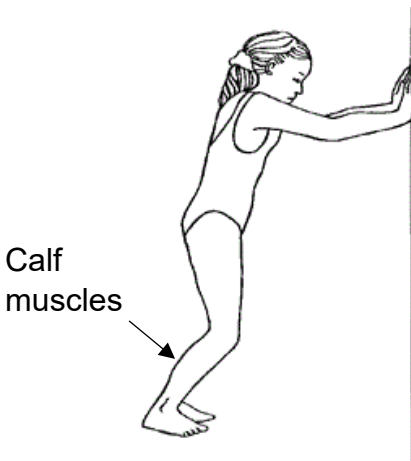


Calf muscles

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- Leaning forward against the wall as shown.
- Stretch heels towards the floor.
- You should feel a stretch in the back of your calves.
- Make sure heel remains on the floor throughout stretch.

Hold for _____.
Repeat ____ times.



Calf muscles

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- Stand with knees slightly bent with wall support.
- Gently bend your knees while keeping your feet flat on the floor.
- You should feel a stretch in your calf muscles. Stand up.

Hold for _____.
Repeat ____ times.



- Have a bent knee and cup one hand around the foot.
- Gently draw the foot towards a right angle stabilising the leg with the other hand.
- Use gentle pressure.

Hold for _____.

Repeat _____ times.



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- Position yourself standing on your heels. Practice walking forwards without letting your toes touch the floor.



- Sitting on the floor.
- Bend and straighten your ankles and toes.

Repeat _____ times.

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- Try to balance on one leg.
- See how far you can count while balancing.
- Repeat with the other leg.

Skin care

Skin may feel sensitive after casting and may require special treatment. After washing, dry the area by patting or gently rubbing with a clean towel. Application of a fragrance-free lotion may help with dryness.

Contacting us

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Please ask if you need this information in another language or format.

RBFT Paediatric Physiotherapy, February 2025.

Next review due: February 2027.