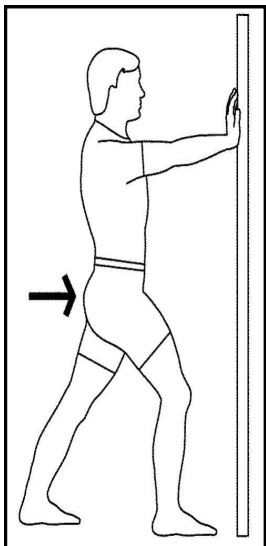
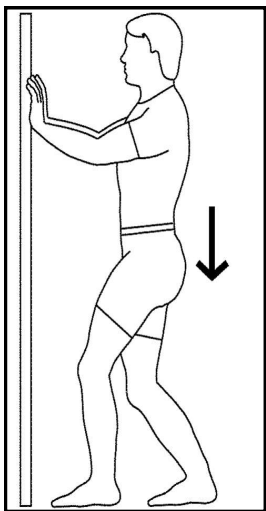


Stretching Exercises

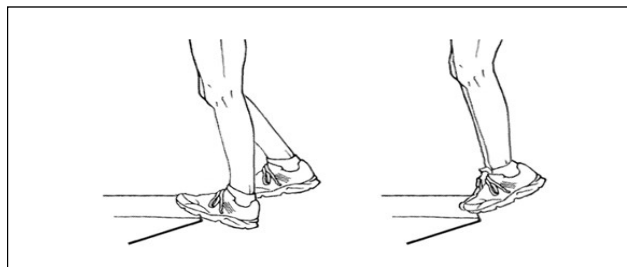


- Step forward with foot of uninvolved leg, back foot slightly turned in, maintain arch of back foot leaning hips toward wall.
- Keep rear leg straight with heel on floor.

Hold exercise for 30 Seconds. Repeat 4 times twice a day.



- Maintaining the above position.
- Slowly bend both knees, keeping heels on the floor, until a stretch is felt.
- Hold exercise for 30 Seconds. Repeat 4 times twice a day.



- Standing with only the unaffected forefoot on the edge of the bottom step with hands positioned on hand rail to provide support.
- Raise the unaffected heel up, rest the affected foot onto the step in the same position.
- Lift the unaffected leg away and lower your weight slowly back down with the affected leg until the calf is on a full stretch (see first picture above).
- If both legs are affected, take turns with the leg you wish to stretch and repeat. Increasing repetitions as able.

If you have any queries please contact the Physiotherapy Departments at:

Daisy Hill Hospital Tel: 028 37562935
 Craigavon Area Hospital Tel: 028 37563025
 Armagh Community Hospital Tel: 028 37414524
 South Tyrone Hospital Tel: 028 37565545
 Physiotherapy Musculoskeletal Services July 2018 DMM

Gastroc Equinus

Reduced ankle mobility

Physiotherapy Musculoskeletal Outpatient Service



HSC Southern Health and Social Care Trust
 Quality Care - for you, with you

What is Equinus?

Equinus is present when the upward bending motion of the ankle joint is limited.



If you have equinus you will not have the flexibility to bring the top of the foot toward the front of the leg as shown above.

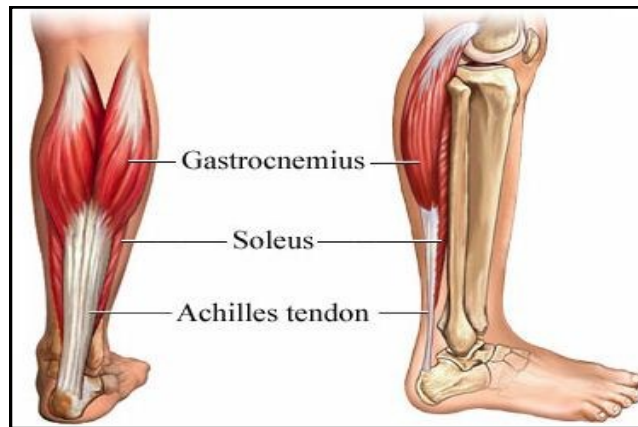
Generally, if you have developed this reduced freedom of movement you will also have found ways to overcome it.

The most common strategies for addressing equinus include flattening of the arch, picking up the heel early when walking, toe walking or by bending a little more than usual at the hip or knee joint.

What Causes Equinus?

Equinus is common and there are several possible causes for finding yourself with this limitation of ankle range of movement.

Often it is due to tightness within the Achilles tendon or calf muscles (the soleus and/or gastrocnemius muscle).



This tightness can develop following time spent immobilised in a plaster cast, walking boot or on crutches. However, equally it can develop from some everyday activities, for example, frequently wearing high heeled shoes.

A bony blockage can also prevent the ankle from bending upwards, if present this is known as a bony equinus.

Treatment

Treatment is aimed at guiding you on the best ways to achieve relief of the both the symptoms of equinus and the conditions associated with it.

These conditions usually present as discomfort in the foot and can include:

- Plantar fasciitis
- Flattened arch (flat foot)
- Symptoms within the forefoot/toes

What will treatment involve?

- Active participation in an evidence based physiotherapy program designed to help you achieve your goals with regards to activity recovery and function.
- Consideration will also be given within your assessment to any orthotic or heel raise insert which may assist or improve your ability to participate in therapy.

A good starting point and at times the only required intervention is regular participation in the calf stretches shown overleaf.