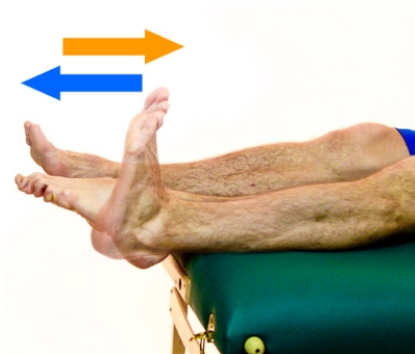


### ANKLE PUMPS - AP

Bend your foot up and down at your ankle joint as shown.

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Repeat 20 Times  
Hold 2 Seconds  
Complete 1 Set  
Perform 2 Time(s) a Day



### CALF STRETCH WITH TOWEL

While in a seated position, hook a towel under your foot and pull your ankle back until a stretch is felt on your calf area.

Keep your knee in a straightened position during the stretch.

Repeat 3 Times  
Hold 30 Seconds  
Complete 2 Sets  
Perform 2 Time(s) a Day



### Aggressive Plantar Flexor Stretching

Sitting on heels  
Sit with the middle of your foot off of the edge of a table. Slowly start to sit back on your heels so you push your foot down and stretch the front of your ankle.

To increase this stretch move your foot farther onto the table.

Repeat 3 Times  
Hold 10 Seconds  
Complete 1 Set  
Perform 2 Time(s) a Day

