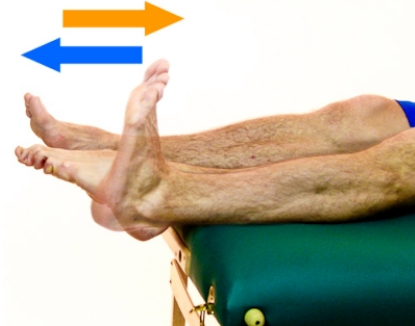


ANKLE PUMPS - AP

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



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)



STANDING CALF STRETCH - GASTROC

While standing and leaning against a wall, place one foot back behind you and bend the front knee until a gentle stretch is felt on the back of the lower leg.

Your back knee should be straight the entire time.

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



Gastroc Stretch

Place foot against wall. Keep knee straight, but not locked. Lean forward until you feel a comfortable stretch. Hold for 30 seconds.

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



INVERSION STRETCH

While seated, cross your legs so that the affected leg is on top.

Next, hold your foot and pull upwards until a stretch is felt along the side of your ankle.

Repeat 5 Times
Hold 10 Seconds
Complete 3 Sets
Perform 2 Time(s) a Day



EVERSION STRETCH

While seated, cross your legs so that the affected leg is on top.

Next, hold your foot and push downward until a stretch is felt along the inner side of your ankle.

Repeat 5 Times
Hold 10 Seconds
Complete 1 Set
Perform 3 Time(s) a Day



Standing Plantar Flexor Stretch

Standing Plantar Flexion Stretch
Stand in front of a table and place your toes on the edge of the table. Lean your body back towards the table and onto your foot till you start to feel a stretch in the front of your ankle.

Repeat 3 Times
Hold 10 Seconds
Complete 2 Sets
Perform 2 Time(s)