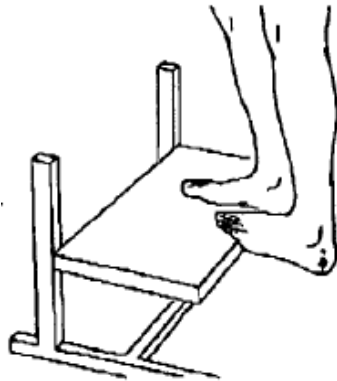


ANKLE / FOOT - Plantar Fascia Stretch

Standing with only ball of _____ foot on stair, push heel down until stretch is felt through arch of foot. Hold _____ seconds. Relax.



Repeat _____ times per set.
 Do _____ sets per session.
 Do _____ sessions per day.

ANKLE / FOOT - Gastroc Stretch

Stand with _____ foot back, leg straight, forward leg bent. Keeping heel on the floor, turned slightly out, lean into wall until stretch is felt in calf. Hold for _____ seconds.



Repeat _____ times per set.
 Do _____ sets per session.
 Do _____ sessions per day.

ANKLE / FOOT - Soleus Stretch

Stand with _____ foot back, both knees bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in lower calf. Hold for _____ seconds.



Repeat _____ times per set.
 Do _____ sets per session.
 Do _____ sessions per day.

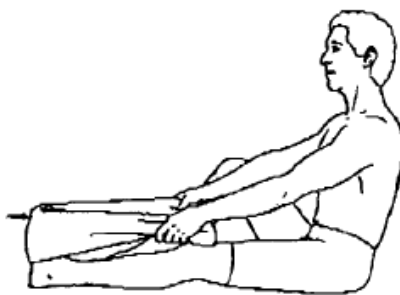
ANKLE / FOOT - Toe Flexion / Extension

Gently grasp _____ toes and curl then straighten them. Hold each position for _____ seconds.



Repeat _____ times per set.
 Do _____ sets per session.
 Do _____ sessions per day.

HIP / KNEE - Calf Towel Stretch



Sit with knee straight and towel looped around _____ foot. Gently pull on towel until stretch is felt in calf. Hold for _____ seconds.

Repeat _____ times per set.
 Do _____ sets per session.
 Do _____ sessions per day.

ANKLE / FOOT - Toe Extension / Ankle Dorsiflexion

On _____ knee and toes, lean down and back until gentle stretch is felt. Hold for _____ seconds. Relax.



Repeat _____ times per set.
 Do _____ sets per session.
 Do _____ sessions per day.