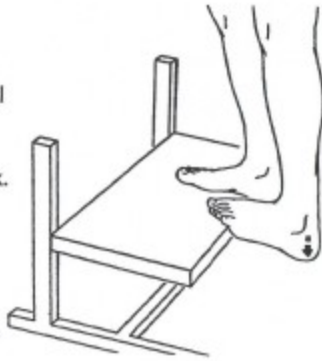


ANKLE / FOOT - 12 Plantar Fascia Stretch

Standing with only ball of left foot on stair, push heel down until stretch is felt through arch of foot. Hold 15 seconds. Relax.



Repeat 3 times per set.
Do 1 sets per session.
Do 2 sessions per day.

ANKLE / FOOT - 13 Soleus Stretch

Stand with right foot back, both knees bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in lower calf. Hold 15 seconds.



Repeat 3 times per set.
Do 1 sets per session.
Do 2 sessions per day.

ANKLE / FOOT - 14 Gastroc Stretch

Stand with right foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf. Hold 15 seconds.



Repeat 3 times per set.
Do 1 sets per session.
Do 2 sessions per day.

ANKLE / FOOT - 41 Dorsiflexion:
Self-Mobilization (Standing)

With right foot on step, lean forward until gentle stretch is felt. Hold 15 seconds. Relax.



Repeat 3 times per set.
Do 1 sets per session.
Do 2 sessions per day.