

ANKLE / FOOT - 13 Soleus Stretch

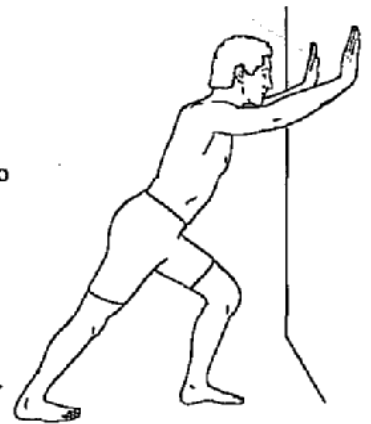
Stand with foot back, both knees bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in lower calf.  
Hold 30 seconds.



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

ANKLE / FOOT - 14 Gastroc Stretch

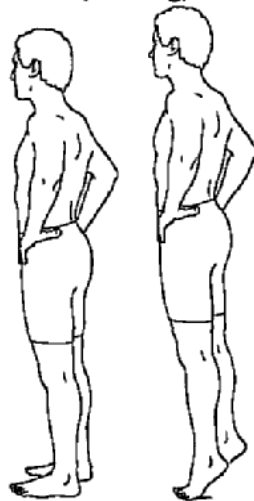
Stand with foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf. Hold 30 seconds.



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

ANKLE / FOOT - 20 Heel Raise: Bilateral (Standing)

Rise on balls of feet.



Repeat 10 times per set.  
Do 3 sets per session.  
Do 1 sessions per day.

ANKLE / FOOT - 22 Toe Raise (Standing)

Rock back on heels.



Repeat 10 times per set.  
Do 3 sets per session.  
Do 1 sessions per day.

ANKLE / FOOT - 3 Eversion: Isometric



Press outer border of foot into ball or rolled pillow against wall. Hold 2 seconds. Relax.

Repeat 10 times per set. Do 3 sets per session.  
Do 1 sessions per day.

ANKLE / FOOT - 4 Inversion: Isometric



Press inner borders of feet into ball or rolled pillow between feet. Hold 2 seconds. Relax.

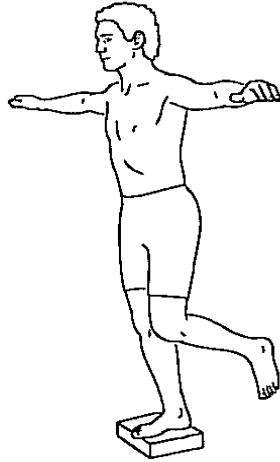
Repeat 10 times per set. Do 3 sets per session.  
Do 1 sessions per day.

ANKLE / FOOT - 26  
Balance: Unilateral – Foam

Eyes open, balance with involved leg on pillow or cushion.  
Hold 10 seconds.

Repeat 10 times per set.  
Do 1 sets per session.  
Do 1 sessions per day.

Perform exercise with eyes closed when comfortable with eyes open



HIP / KNEE - 52 Step-Down / Step-Up

Stand on stair step.  
Slowly bend involved leg, lowering other foot to floor. Return by straightening front leg.

Repeat 30 times per set.  
Do 1 sets per session.  
Do 1 sessions per day.

