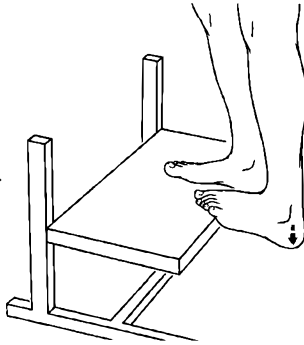


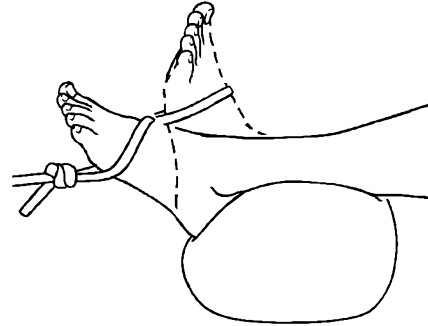
ANKLE / FOOT - 12 Plantar Fascia Stretch

Standing with only ball of left foot on stair, push heel down until stretch is felt through arch of foot.
Hold 30 seconds. Relax.



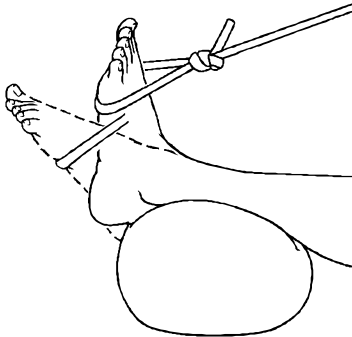
Repeat 3 times per set.
Do 1 sets per session.
Do 2-3 sessions per day.

ANKLE / FOOT - 5 Dorsiflexion: Resisted



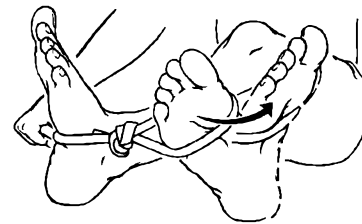
Facing anchor, tubing around left foot, pull toward face.
Repeat 10 times per set. Do 2 sets per session.
Do 1 sessions per day.

ANKLE / FOOT - 6 Plantar Flexion: Resisted



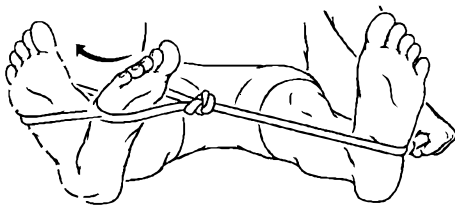
Anchor behind, tubing around left foot, press down.
Repeat 10 times per set. Do 2 sets per session.
Do 1 sessions per day.

ANKLE / FOOT - 7 Inversion: Resisted



Cross legs with right leg underneath, foot in tubing loop.
Hold tubing around other foot to resist and turn foot in.
Repeat 10 times per set. Do 2 sets per session.
Do 1 sessions per day.

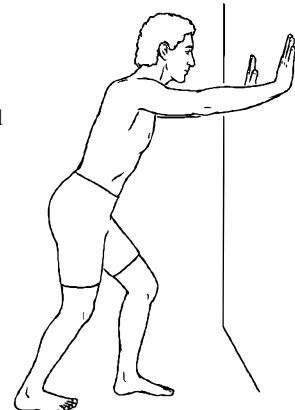
ANKLE / FOOT - 8 Eversion: Resisted



With right foot in tubing loop, hold tubing around other foot to resist and turn foot out.
Repeat 10 times per set. Do 2 sets per session.
Do 1 sessions per day.

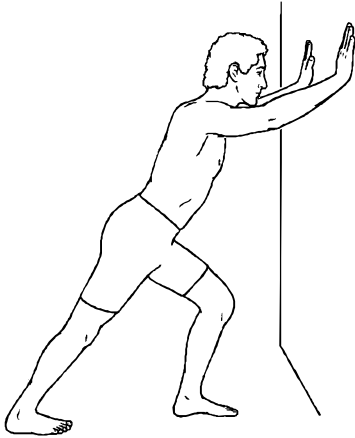
ANKLE / FOOT - 13 Soleus Stretch

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 30 seconds.



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

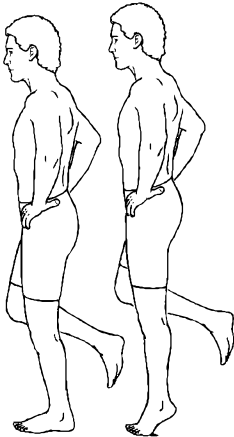
ANKLE / FOOT - 14 Gastroc Stretch



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 30 seconds.

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

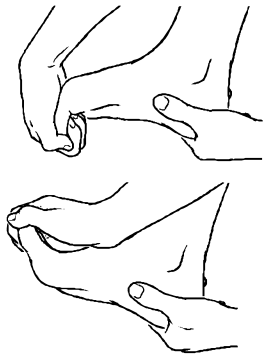
ANKLE / FOOT - 21 Heel Raise: Unilateral (Standing)



Balance on left foot, then rise on ball of foot.

Repeat 10 times per set.
Do 2 sets per session.
Do 1 sessions per day.

ANKLE / FOOT - 34 PROM: Toe Flexion / Extension



Gently grasp right toes and curl then straighten them. Hold each position 30 seconds.

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

 Have someone else move foot.