



ANKLE / FOOT - 11 Toe Curl: Bilateral

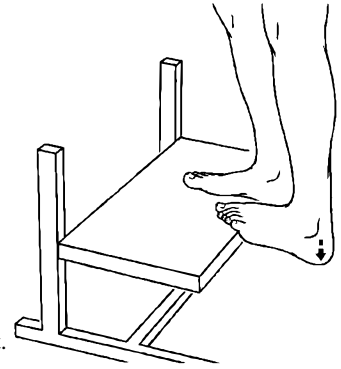


With both feet resting on towel, slowly bunch up towel by curling toes. Hold 5 seconds.

Repeat 15 times per set. Do 3 sets per session.  
Do 2-3 sessions per day.

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 20 seconds. Relax.

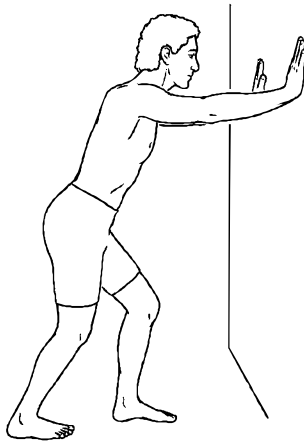


Repeat 15 times per set.  
Do 3 sets per session.  
Do 2-3 sessions per day.

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.

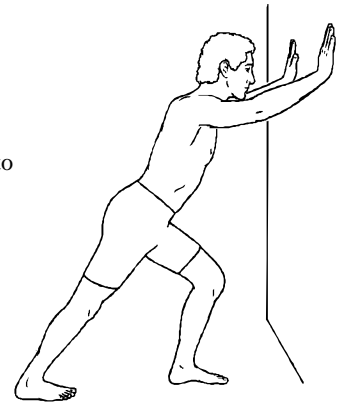
Hold 20 seconds.



Repeat 3 times per set.  
Do 2-3 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 20 seconds.



Repeat 3 times per set.  
Do 2-3 sessions per day.

GOLF BALL ROLL

Place a golf ball under foot and roll ball around massaging the bottom of foot. Perform for 1 minute per session and do 2-3 session per day.