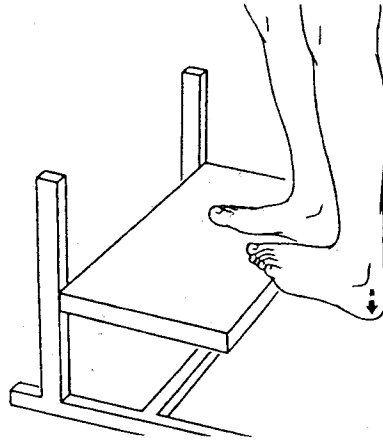


ANKLE / FOOT - 12 Plantar Fasciä Stretch/Calf Stretch

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 on other side.

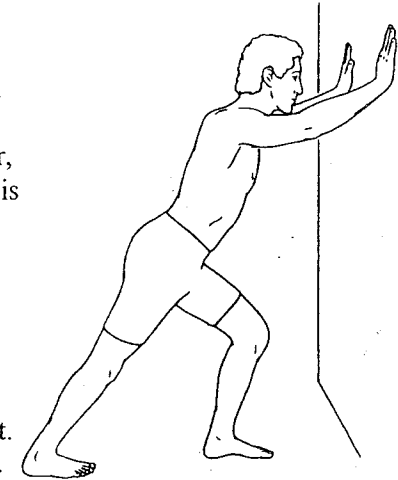
*Perform with shoes on.



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

ANKLE / FOOT - 14 Gastroc Stretch

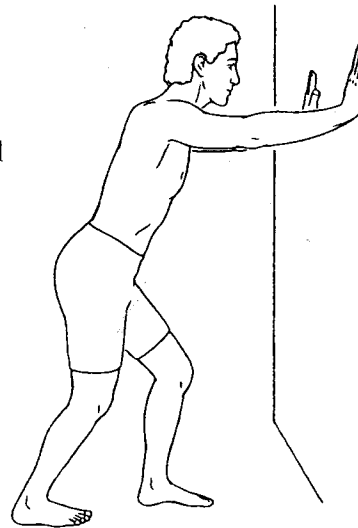
Stand with right foot back, leg straight, forward leg bent. Keeping heel on floor, lean into wall until stretch is felt in calf. Hold 30 seconds.



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

ANKLE / FOOT - 13 Soleus Stretch

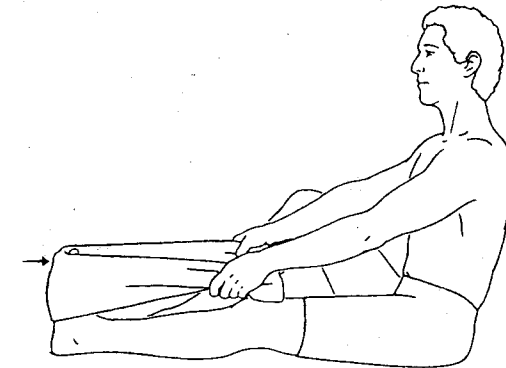
Stand with right foot back, both knees bent. Keeping heel on floor, lean into wall until stretch is felt in lower calf. Hold 30 seconds. Repeat on other side.



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

HIP / KNEE - 63 Stretching: Calf - Towel

Sit with knee straight and towel looped around left foot. Gently pull on towel until stretch is felt in calf. Hold 30 seconds. Repeat on other side.



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