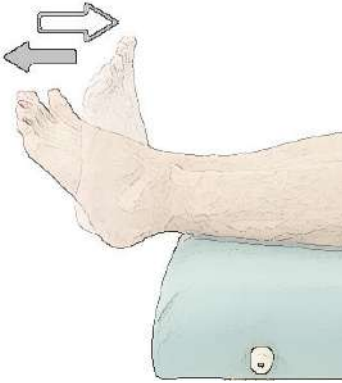


### ANKLE PUMPS



Either from a sitting or laying down position, bend your foot up and down at your ankle joint as shown. Repeat on opposite side.

Repeat 50 Times  
Complete 1 Set

Hold 1 Second



### TOES RAISES

Start with your feet on the ground. Next, raise up both forefeet and toes as shown as you bend at your ankle. Keep your heels on the ground the entire time.

Repeat 50 Times  
Complete 1 Set

Hold 1 Second



### TOWEL CURLS - TOWEL SCRUNCHES

While seated place a towel flat on the floor as shown and draw the towel back towards you using your toes. Curl your toes inward. Be sure to keep your heel in contact with the floor the entire time. Repeat on opposite side.

Repeat 20 Times  
Complete 1 Set

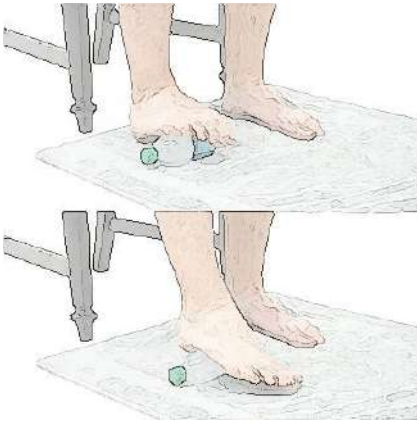


### CALF STRETCH WITH TOWEL

While in a seated position, place a towel around the ball of your foot and pull your ankle back until a stretch is felt on your calf area. Keep your knee in a straightened position during the stretch. Repeat on opposite side.

Repeat 3 Times  
Complete 1 Set

Hold 20 Seconds



### PLANTAR FASCIA - BOTTLE ROLL

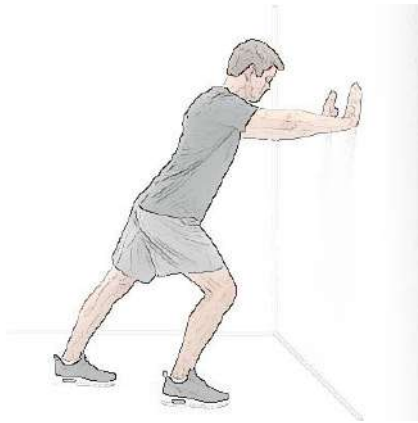
Use a frozen water bottle (plastic, no glass). In sitting or standing over the water bottle, roll the bottom of your foot with moderate pressure. Use as much pressure as you can tolerate without discomfort. Perform 30 seconds to 5 minutes according to tolerance. Repeat on opposite side.



### ANKLE ABC's

While in a seated position, write out the alphabet in the air with your big toe. Only your foot and ankle should be moving as you perform this. Keep the knee and hip stationary.

Repeat 1 Time  
Complete 1 Set

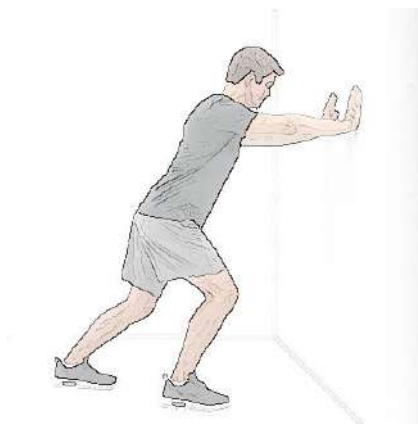


### STANDING MIDDLE CALF STRETCH

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a straight knee during the stretch. Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you. Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well. Repeat on opposite side.

Repeat 3 Times  
Complete 1 Set

Hold 20 Seconds



### STANDING OUTER CALF/ANKLE STRETCH

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a bent knee during the stretch. Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you. Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well. Repeat on opposite side.

Repeat 3 Times  
Complete 1 Set

Hold 20 Seconds



### DOUBLE LEG HEEL RAISES - CALF RAISES

While standing, raise up on your toes as you lift your heels off the ground. Hold for one second, then lower to starting position. Repeat 30-50 times as tolerated.

Repeat 30 Times  
Complete 1 Set

Hold 1 Second