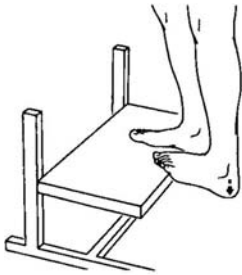


## Plantar Fascia Stretch

Standing with only ball of foot on stair, push heel down until stretch is felt through arch of foot.

Hold 20 seconds. Relax.

Repeat 5 times per set.  
Do 2 sets per session.  
Do 2 sessions per day.



## 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 5 times per set.  
Do 2 sets per session.  
Do 2 sessions per day.



## 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.

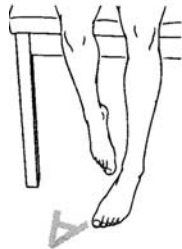
Repeat 5 times per set.  
Do 2 sets per session.  
Do 2 sessions per day.



## Ankle Alphabet

Using ankle and foot only, trace the letters of the alphabet. Perform A-Z.

Repeat 1 time per set.  
Do 2 sets per session.  
Do 2 sessions per day.



## Balance: Unilateral

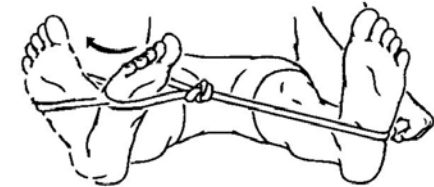
Attempt to balance on one leg, eyes open. Hold 10 seconds.

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

\_\_\_\_\_ Perform with eyes closed.



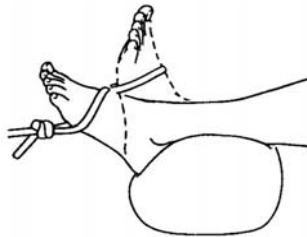
## Eversion: Resisted



With 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 2 sessions per day.

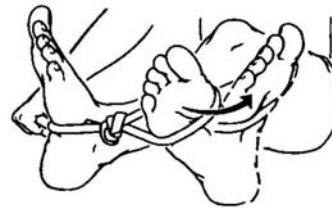
## Dorsiflexion: Resisted



Facing anchor, tubing around foot, pull toward face.

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

## Inversion: Resisted



Cross legs with one 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 2 sessions per day.