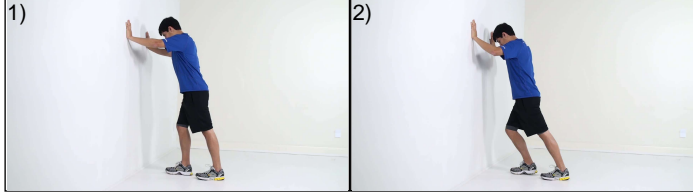


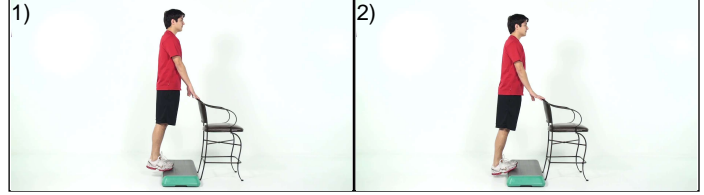
Stretch Gastroc uni standing



- Stand facing wall, hands on wall.
 - Step forward with foot of uninvolved leg, leaning hips toward wall.
 - Keep rear leg straight with heel on floor.
- Perform 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.

Stretch Gastroc/Soleus bil standing



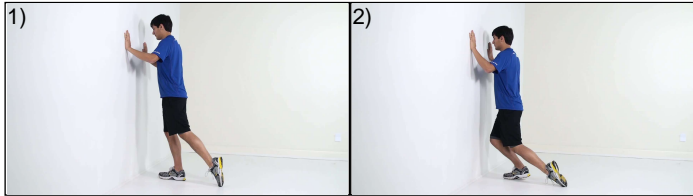
- Stand with balls of feet on a step, using banister to steady yourself.
- Keeping knees slightly bent, gently lower heels.

Special Instructions:

Progress to performing with straight knees.
Perform 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.

Stretch ankle PF stand

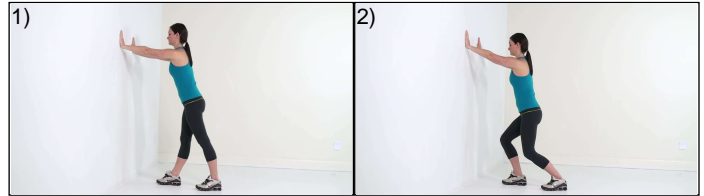


- Stand at wall.
- Place top of involved foot down, toes pointed, as shown.
- Slowly lower body until stretch is felt in front of foot.
- Hold, relax and repeat.

Perform 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.

Stretch Soleus stand



- Stand, one leg in front of the other.
- Face wall, hands on wall for support.
- Slowly bend knees, keeping heels on floor, as shown, until stretch is felt.
- Repeat with other leg in front.

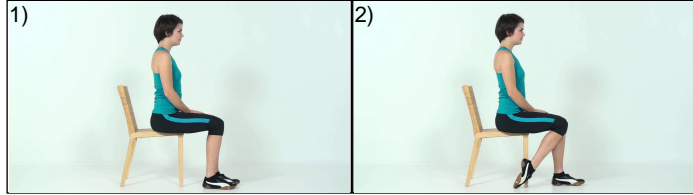
Perform 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.

Issued By: Michael Henry

These exercises are to be used only under the direction of a licensed, qualified professional or after consulting your physician.

Stretch ankle PF sitting

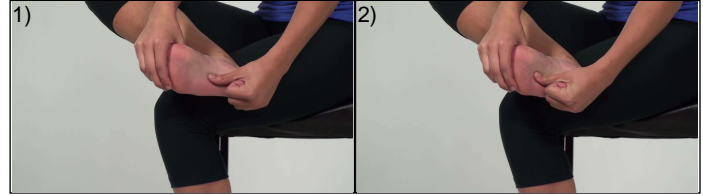


- Sit in chair.
- Place top of involved foot down as shown.
- Slowly sit forward in chair, pushing down on foot until stretch is felt.
- Relax and repeat.

Perform 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.

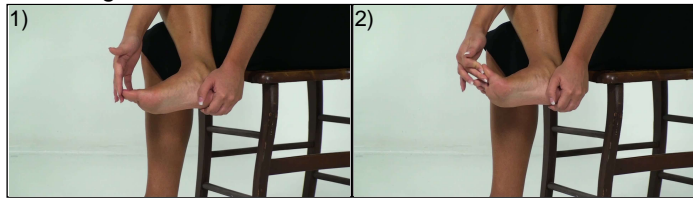
Stretch toe flexors/plantar fascia



- Use one hand to pull toes upward.
- Keep toes pulled upward.
- Use thumb of other hand and push down while moving up and down along sole of foot.

Perform 4 sets of 15 second(s), twice a day.

Stretch great toe flexor



- Sit, grasp heel with one hand.
- Pull up on big toe with other hand.

Perform 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.

Issued By: Michael Henry

These exercises are to be used only under the direction of a licensed, qualified professional or after consulting your physician.