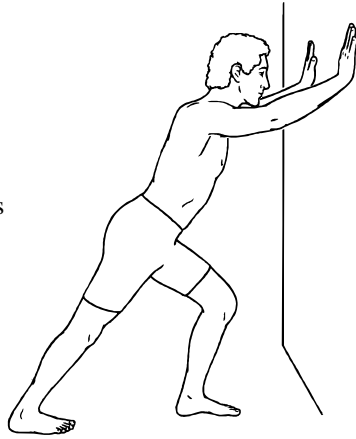


ANKLE / FOOT - 14 Gastroc Stretch

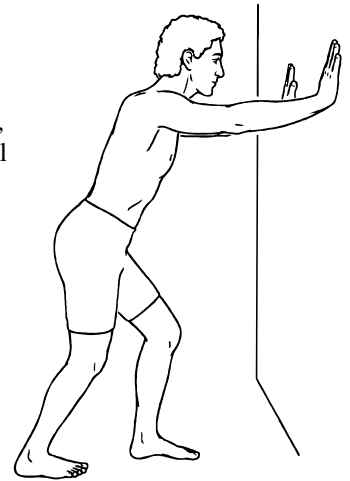
Stand with affected foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf. Hold 60 seconds.



Do 3 sets per session.
Do 1 sessions per day.

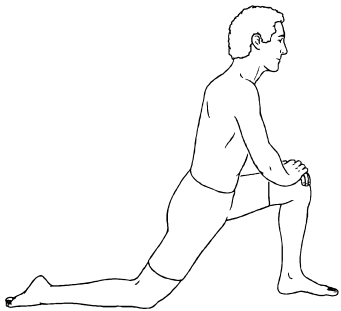
ANKLE / FOOT - 13 Soleus Stretch

Stand with affected foot back, both knees bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in lower calf. Hold 60 seconds.



Do 3 sets per session.
Do 1 sessions per day.

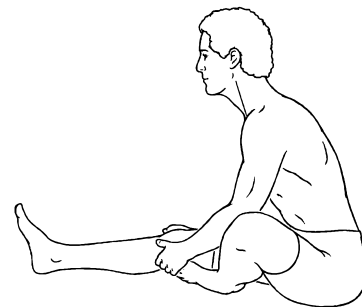
HIP / KNEE - 34 Stretching: Hip Flexor



Kneeling on affected knee, slowly push pelvis down while slightly arching back until stretch is felt on front of hip. Hold 30 seconds.

Do 2 sets per session.
Do 1 sessions per day.

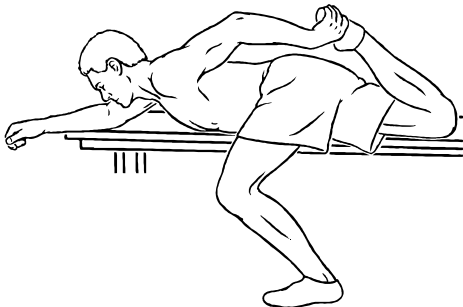
HIP / KNEE - 40 Stretching: Hamstring (Sitting)



With affected leg straight, tuck other foot near groin. Reach down until stretch is felt in back of thigh. Keep back straight. Hold 30 seconds.

Do 2 sets per session.
Do 1 sessions per day.

HIP / KNEE - 69 Stretching: Quadriceps – Advanced

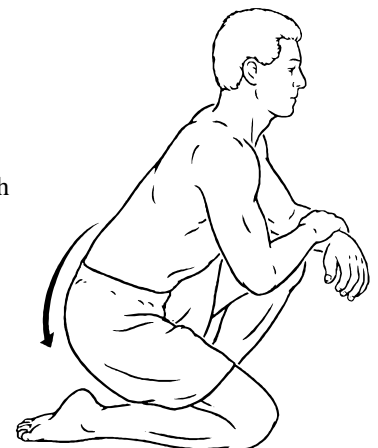


Lie along edge of table, affected knee bent up, other foot on floor. Using hand or belt, pull heel toward buttock. Hold 30 seconds. Relax.

Do 2 sets per session.
Do 1 sessions per day.

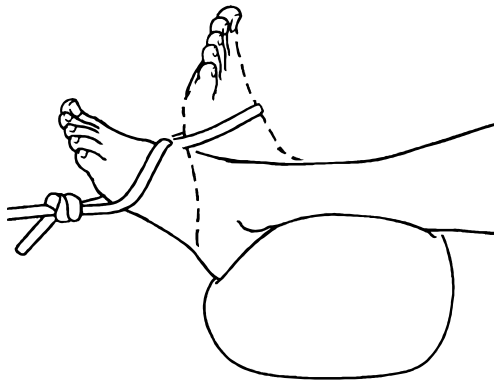
ANKLE / FOOT - 39 Ankle Plantar Flexion: Self-Mobilization (Kneeling)

With affected foot pointed behind, slowly lean down and back until gentle stretch is felt. Hold 30 seconds. Relax.



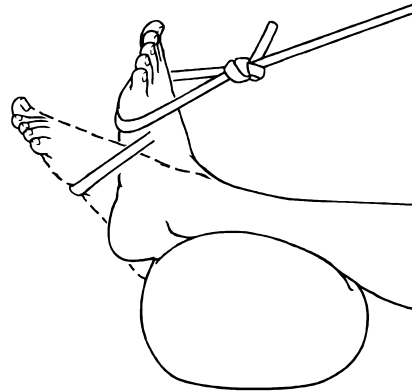
Do 2 sets per session.
Do 1 sessions per day.

ANKLE / FOOT - 5 Dorsiflexion: Resisted



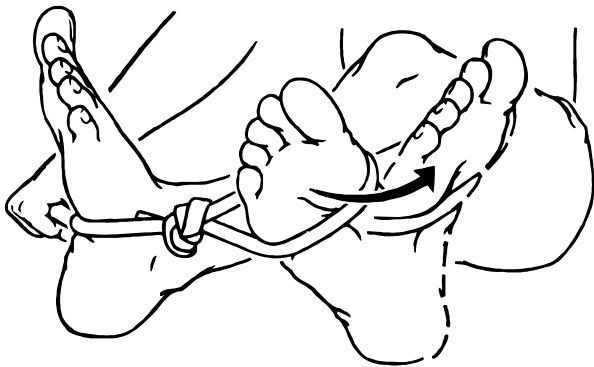
Facing anchor, tubing around affected foot, pull toward face.
Repeat 20 times per set. Do 2 sets per session.
Do 1 sessions per day.

ANKLE / FOOT - 6 Plantar Flexion: Resisted



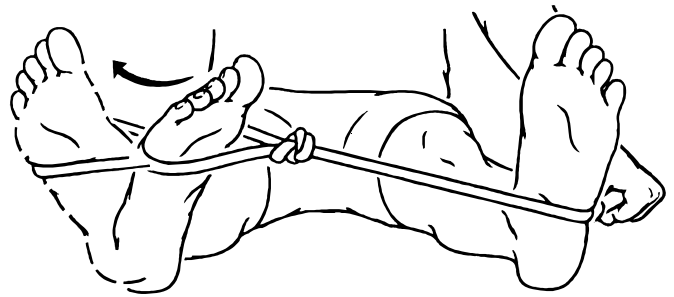
Anchor behind, tubing around affected foot, press down.
Repeat 20 times per set. Do 2 sets per session.
Do 1 sessions per day.

ANKLE / FOOT - 7 Inversion: Resisted



Cross legs with affected leg underneath, foot in tubing loop.
Hold tubing around other foot to resist and turn foot in.
Repeat 20 times per set. Do 2 sets per session.
Do 1 sessions per day.

ANKLE / FOOT - 8 Eversion: Resisted



With affected foot in tubing loop, hold tubing around other
foot to resist and turn foot out.
Repeat 20 times per set. Do 2 sets per session.
Do 1 sessions per day.