



TOWEL CURLS - TOWEL SCRUNCHES

While seated, use a towel and draw it 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 10 Times

Complete 1 Set

Hold 1 Second

Perform 1 Times a Day



TOWEL SLIDES - INVERSION

While seated, use a towel and slide it with your foot across the floor in an inward direction.

Be sure to keep your heel in contact with the floor the entire time.

Repeat 10 Times

Complete 1 Set

Hold 1 Second

Perform 1 Times a Day



TOWEL SLIDES - EVERSION

While seated, use a towel and slide it with your foot across the floor in an outward direction.

Be sure to keep your heel in contact with the floor the entire time.

Repeat 10 Times

Complete 1 Set

Hold 1 Second

Perform 1 Times a Day



QR VIEW



Tibialis Anterior

Bring foot bind you as toes point behind you and touch the floor. Gently but firmly put small pressure in foot as if dragging foot forward. Very slowly turn heel outward till stretch is felt on outside of shin.

Repeat 2 Times
Complete 1 Set

Hold 30 Seconds
Perform 2 Times a Day



Gastroc Stretch Wedge

Stand with your toes on the wedge and your heels on the ground. Lean into the wall until you feel a stretch in the back of your leg (calf muscle). Hold this position for 30 seconds, then relax and do it again.

Repeat 2 Times
Complete 1 Set

Hold 30 Seconds
Perform 2 Times a Day



Soleus Stretch

Place your foot against the wall, lean with your knee bent.

Repeat 2 Times
Complete 2 Sets

Hold 30 Seconds
Perform 1 Times a Day