



STANDING CALF STRETCH - SOLEUS

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.

Hold 15 Seconds

Complete 4 Sets

Perform 1 Times a Day



THERABAND DORSIFLEXION

With band anchored in doorway or held by something, slowly pull foot toward you, pause, then slowly return to starting position.

Repeat 15 Times

Complete 3 Sets



CLX - INVERSION

While in a seated position, place one loop on your foot and then cross your legs as shown. With your other leg, step on the band and then hold the other end. Move your foot up and down.

Repeat 15 Times

Complete 3 Sets

Hold 1 Second

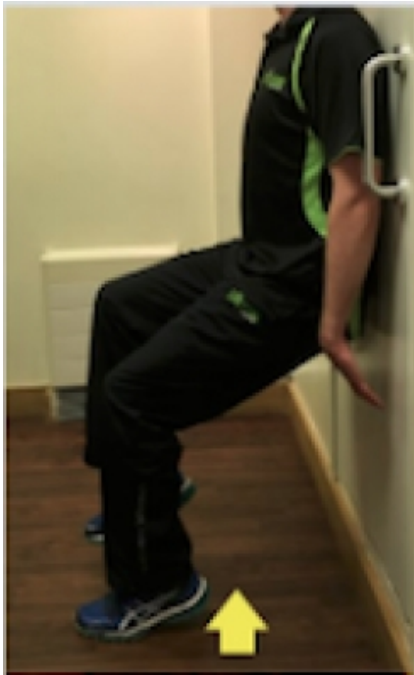


Single Leg Balance

Stand on effected side on an unstable surface. Balance on one leg for given amount of time. Repeat for given sets.

Hold 1 Minute

Complete 3 Sets



Soleus Squat

Squat down with your back against a wall with your thighs as close to parallel with the floor as possible. In this position, raise your heels off the floor and then slowly return heels to flat.

Repeat for stated reps and sets

Repeat 12 Times

Complete 3 Sets



Tibialis Posterior Pin and Stretch

Sit with your leg crossed over the other leg.

With your thumb, find the shin bone and sink your thumb into the muscle behind it. Feel for any tender areas. Bring your foot up, apply the pressure to a 'tender' area and then hold while slowly pointing the foot down and in. Release the pressure of the thumb and repeat for 2-3 minutes.