

**Gastrocnemius/Soleus Stretch**

Keep back leg straight and heel on floor, lean into wall until a stretch is felt in calf. Hold for 30 seconds.

Next, keep back leg slightly bent and heel flat on floor. Lean into wall until stretch is felt in calf. Hold for 30 seconds.

Repeat on other leg.

Hold 20 Seconds
Complete 3 Sets
Perform 2 Times a Day

**Plantar Fascia Massage with Tennis Ball**

While sitting, place a tennis ball under the middle of the affected foot. Apply downward pressure and slowly roll the ball under your foot in and side-side, front-back or circular motion.

Repeat 1 Time
Hold 30 Seconds
Perform 2 Times a Day

**GREAT TOE EXTENSION STRETCH**

While seated, cross your legs so that the affected leg is on top.

Next, bend your big toe back with your fingers until a stretch is felt in your toe and or bottom of your foot.

Video # VV7KS3BAR

Repeat 1 Time
Hold 20 Seconds
Complete 3 Sets
Perform 2 Times a Day



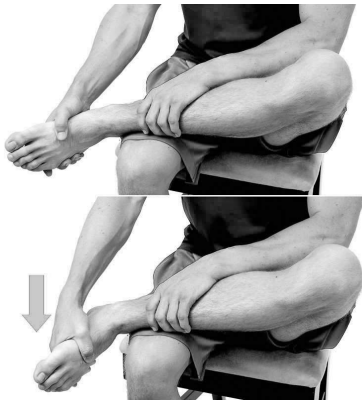
INVERSION STRETCH

While seated, cross your legs so that the affected leg is on top.

Next, hold your foot and pull upwards until a stretch is felt along the side of your ankle.

Video # VVVG3MKXU

Repeat 1 Time
Hold 20 Seconds
Complete 3 Sets
Perform 1 Times a Day



EVERSION STRETCH

While seated, cross your legs so that the affected leg is on top.

Next, hold your foot and push downward until a stretch is felt along the inner side of your ankle.

Video # VV3ZD6RRT

Repeat 1 Time
Hold 20 Seconds
Complete 3 Sets
Perform 2 Times a Day



PLANTARFLEXION STRETCH

Sit and place your affected foot on a firm surface. Use one hand to bend the ankle downward as shown for a gentle stretch to the front of the ankle.

Video # VVBJS65T

Repeat 1 Time
Hold 20 Seconds
Complete 3 Sets
Perform 1 Times a Day



Anterior Tibialis Stretch

Cross your leg over your lap and pull your toes down

Hold 30 Seconds
Complete 3 Sets
Perform 1 Times a Day



Mulligan Ankle Mobilization

From Kneeling - drive your front knee forward while keeping your heel down. Push forward until you feel a strong, but non-painful stretch. This is an ON/OFF self mobilization.

Hold 20 Seconds
Complete 3 Sets
Perform 2 Times a Day



FOAM ROLL INVERSION STRETCH

Place your foot on a half foam roll as shown and tilt the roll outward until a stretch is felt along the lateral part of your ankle.

Video # VVKVN7PP9

Repeat 1 Time
Hold 20 Seconds
Complete 3 Sets
Perform 1 Times a Day



Peroneal Stretch

Stand with legs wide and turn toes inward. Holding this position, bend forward as far as you can, keeping knees straight, until you feel a stretch on the outside of your lower leg and foot.

Repeat

2 Times

Hold

30 Seconds

Perform

2 Times a Day