



### STANDING CALF STRETCH - GASTROCNEMIUS

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 straight 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. Video # VVNCZDYGG

Repeat 3 Times

Hold 1 Minute

Complete 1 Set

Perform 2 Times a Day



### 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. Video # VVGUVSTYG

Repeat 3 Times

Hold 1 Minute

Complete 1 Set

Perform 2 Times a Day



### ELASTIC BAND DORSIFLEXION - SEATED

While seated, use an elastic band attached to your foot and draw your foot upward.

Be sure to keep your heel in contact with the floor the entire time. Video # VVXYH25HE

Repeat 30 Times

Hold 1 Second

Complete 1 Set

Perform 2 Times a Day



### TANDEM STANCE BALANCE

Stand and balance in tandem stance. Hold this position. Relax and repeat.

Duration 60 Seconds

Complete 4 Sets

Perform 2 Times a Day



### TOES RAISES - DORSIFLEXION - BOTH

Start with your feet on the ground.

Next, raise up both forefeet and toes as shown as you bend at your ankle. Keep your heels on the ground the entire time. Video # VV9MYLXDN

Repeat 30 Times

Hold 1 Second

Complete 1 Set

Perform 2 Times a Day