



Agility Orthopedics

Personal Exercise Program Agility Orthopedics

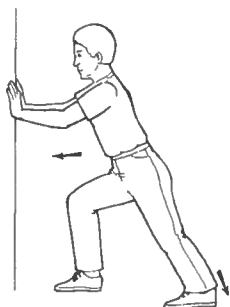
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Provided by : Physical Therapist

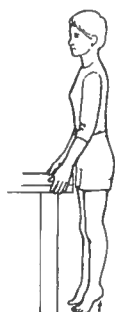
Date : 2/14/2017



1. Position your body against a wall as shown with R foot behind
2. Point toes directly toward wall and hold heel down
3. Lean into wall as shown so that you feel a stretch
4. Hold 30 seconds
5. 3 repetitions, 2-3 times per day

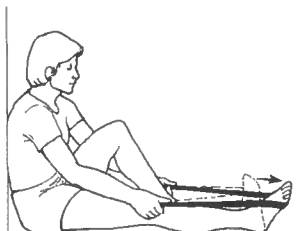
Do on both sides

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1. Stand with feet 12 inches apart
2. Raise up slowly onto your toes as high as you can
3. Hold a few seconds
4. Perform 3 sets of 10 repetitions, 1-2 times per day

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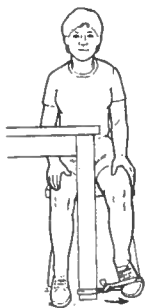
1. Place elastic tubing around L foot as shown
2. Push toes slowly away from your body
3. 30 repetitions, 1-2 times per day

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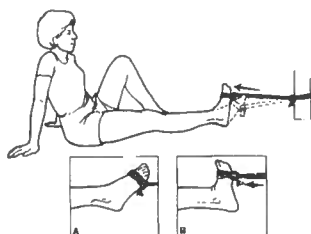
1. Sitting in a chair, assemble elastic tubing to table and your foot as shown
2. Without moving your hip or knee, turn the bottom of your foot inward toward your body
3. Hold 1-2 seconds
4. Perform 3 sets of 10 repetitions, 1-2 times per day

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1. Sitting in a chair, assemble elastic tubing to table and your foot as shown
2. Without moving your hip or knee, tip the bottom of your foot outward away from your body
3. Hold 1-2 seconds
4. Perform 3 sets of 10 repetitions, 1-2 times per day

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1. Tie one end of elastic tubing to a solid object and the other end to your foot as shown
2. Pull foot up toward yourself slowly
3. Perform 3 sets of 10 repetitions, 1-2 times per day

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