



**STANDING CALF STRETCH - GASTROC**

Repeat 2 Times  
Hold 30 Seconds  
Perform 3 Time(s) a Day

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.



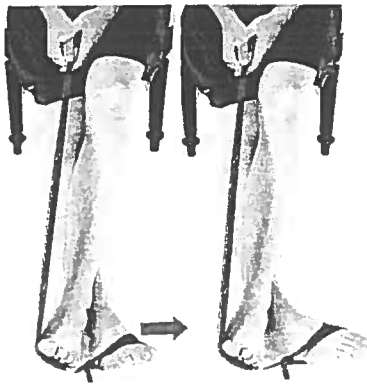
**STANDING CALF STRETCH - SOLEUS**

Repeat 2 Times  
Hold 30 Seconds  
Perform 3 Time(s) a Day

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.



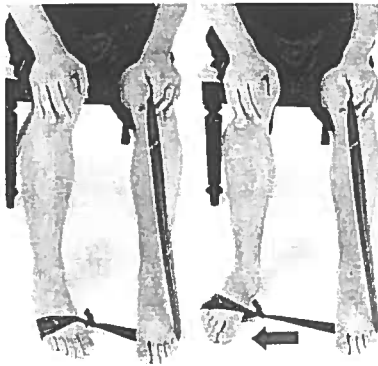
### ELASTIC BAND INVERSION - SELF FIX

Repeat 10 Times  
Complete 3 Sets

While seated, cross your legs and using an elastic band attached to your foot, hook it under your opposite foot and up to your hand.

Next, draw your foot inward.

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



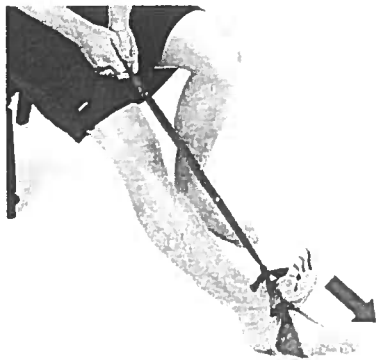
### ELASTIC BAND EVERSION - SELF FIX

Repeat 10 Times  
Complete 3 Sets

Using an elastic band attached to your foot, hook it under your opposite foot and up to your hand.

Next, draw the band outwards to the side.

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



### ELASTIC BAND PLANTARFLEXION

Repeat 10 Times  
Complete 3 Sets

While seated, use an elastic band attached to your foot and press your foot downward and forward.

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



### ELASTIC BAND DORSIFLEXION

Repeat 10 Times  
Complete 3 Sets

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.