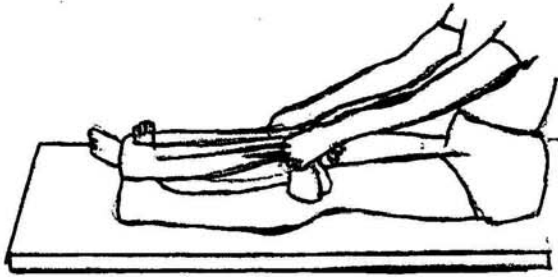


STRETCHING EXERCISES

Do each exercise 3 times a day.

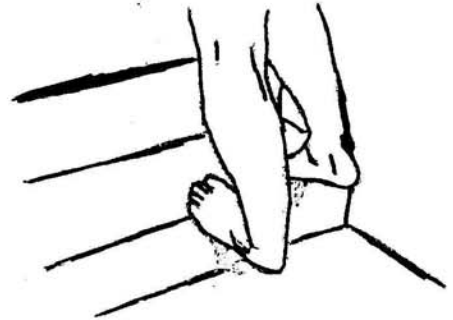
Ankle Plantarflexion Stretching

Sit with legs straight, towel around ball of left foot.
Using the towel, pull the foot up. Keep your knee straight.
Stretch is felt in the calf.
Hold for a count of 10. Repeat with right leg and hold.
Repeat 7 times.



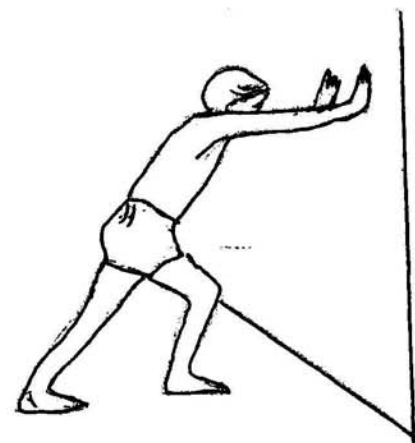
Plantar Fascia Stretch

Standing with ball of foot on stair, reach for bottom step with heel until a stretch is felt through the arch of the foot.
Hold 10 seconds, Relax. Repeat 5 times.
Do 3 sessions per day.



Solaris Stretch

Standing with both knees bent and involved foot back, gently lean into the wall until stretch is felt in the lower calf.
Hold 10 seconds, repeat 5 times.
Do 3 sessions a day.



Gastroc Stretch

Keeping back leg straight with heel on floor and turned slightly outward, lean into wall until stretch is felt in the calf.
Hold 10 seconds, repeat 5 times.
Do 3 sessions a day.