

## Calf Stretching



Stretch with you back knee straight and your heel on the ground. Hold for 20 seconds.



Stretch with your back knee bent and your heel on the ground. Hold for 20 seconds.

Repeat calf stretches 2 more times.

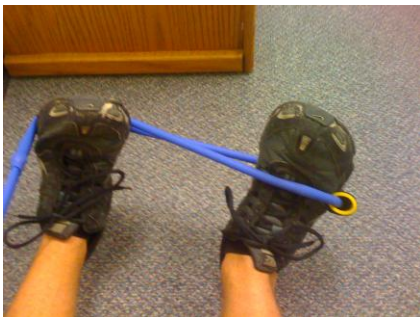
## 4-way Ankle Exercises



With resistance under your foot push the toes/foot down 10 times.



With resistance on the top of your foot pull your toes/foot toward you 10 times.



With resistance on the outside of the foot, turn your foot out at the ankle 10 times.



With resistance on the inside of the foot, turn your foot in at the ankle 10 times.

Repeat 4-way exercises 2 more times.