

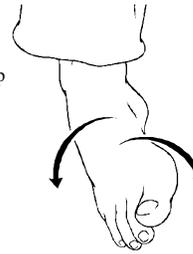
ANKLE RANGE OF MOTION



Sitting with feet flat on the floor: Point toes up, keeping both heels on floor. Then press toes to floor, raising heels. Move slowly through maximum range of motion.
 Repeat 10 times.

ANKLE RANGE OF MOTION

Sitting with feet on the floor: Keep knee still and rock foot onto outer edge. Return to resting position. Now rock foot onto inner edge.

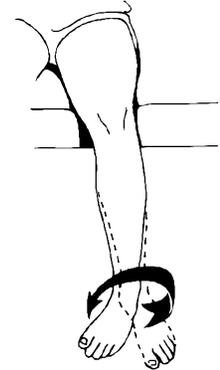


Repeat 10 times with each foot.

ANKLE RANGE OF MOTION

Slowly rotate foot and ankle clockwise 10 times and counterclock-wise 10 times. Move through a full range of motion.

Repeat with the other foot.

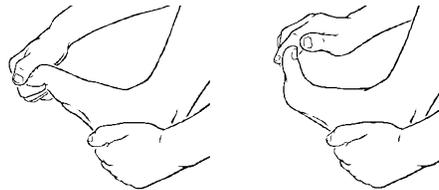


TOE RANGE OF MOTION

Sitting with heel supported, gently curl and straighten toes 10 times with each foot.



TOE STRETCHING - BEND IN GREAT TOE IS IMPORTANT FOR FUNCTION AND WALKING!

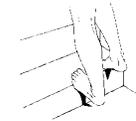


While sitting, cross one leg over other. Place one hand on heel and other on break of toes. Move toes down as far as possible and stretch for at least 30 to 90 seconds. Then move toes up as far as possible (working to achieve 90 degrees upward bend in big toe joint) and stretch for at least 30 to 90 seconds. Repeat with other foot.

CALF STRETCHING - ENOUGH BEND IN ANKLE IS IMPORTANT FOR FUNCTION, WALKING, AND BALANCE!

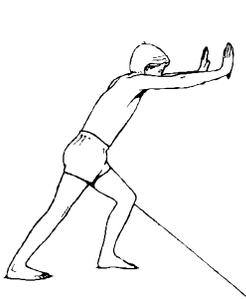
Standing with ball of foot on stair, reach for floor with heel until stretch is felt in calf. Hold at least 30 to 90 seconds. Then, in the same position, bend the knee of the leg being stretched and hold at least 30 to 90 seconds. Repeat with the other leg.

Assure your safety. Hold on, or have someone with you as necessary.



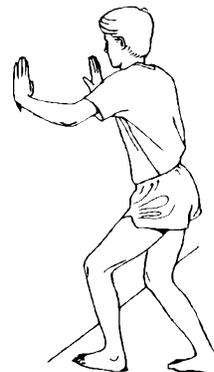
CALF STRETCHING

Stand with forward leg bent and back leg straight. Keep both feet facing straight forward. Keeping heel on floor, gently lean into wall until stretch is felt in calf. Hold at least 30 to 90 seconds. Repeat with the other leg.



CALF STRETCHING

Stand with both knees bent and one foot back. Keeping heel on floor and both feet straight forward, gently lean into wall until stretch is felt in lower calf. Hold at least 30 to 90 seconds. Repeat with the other leg.



HOW LONG TO HOLD A STRETCH?

A 30-second hold will stretch the muscle.

A minimum of 90 seconds (and up to 2 minutes) is necessary to even begin stretching the fascia, in addition to the muscle. You can feel a "give" as the fascia lengthens. If you hold as long as 3 to 5 minutes, you may feel additional releases. This type of stretching may bring more lasting results. "Listen to your body" and observe how you feel as you stretch and your body will give you clues as to what it needs.

WHAT IS FASCIA? Fascia is a tough connective tissue that surrounds every cell in our body. Restrictions in the fascia can cause pain and dysfunction.