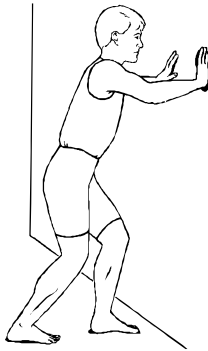


LOWER LEG - 7 Soleus

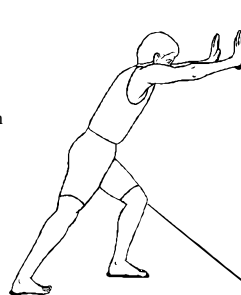
Keep back leg slightly bent, with heel on floor. Lean into wall until a stretch is felt in calf. Hold 20 seconds. Repeat with other leg.



Repeat 10 times.
Do 3 sessions per day.

LOWER LEG - 8 Gastroc

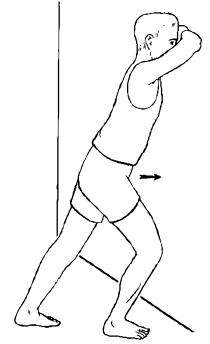
Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf. Hold 20 seconds. Repeat with other leg.



Repeat 10 times.
Do 3 sessions per day.

LOWER LEG - 9 Achilles / Gastroc

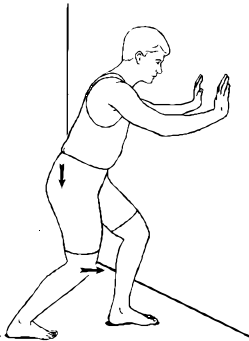
With back leg straight, move hips forward until stretch is felt. Hold 20 seconds. Repeat with other leg.



Repeat 10 times.
Do 3 sessions per day.

LOWER LEG - 10 Achilles / Soleus

With back foot flat and toes turned slightly inward, lower hips and bend knees until stretch is felt. Hold 20 seconds. Repeat with other leg.



Repeat 10 times.
Do 3 sessions per day.

LOWER LEG - 11 Gastroc / Plantar Fascia

Put one foot on a wedge (slanted at about 30°) with heel resting on floor. Keep toes straight, and support with hands on wall. With leg straight, press entire body forward. Hold 20 seconds. Repeat with other leg.



Repeat 10 times.
Do 3 sessions per day.

LOWER LEG - 12 Soleus

With toes even with knee, and heel 1" off floor, gently lean forward and lower heel toward floor until stretch is felt. Do not let heel touch floor. Hold 20 seconds. Repeat with other heel.



Repeat 10 times. Do 3 sessions per day.

LOWER LEG - 13 Plantar Fascia

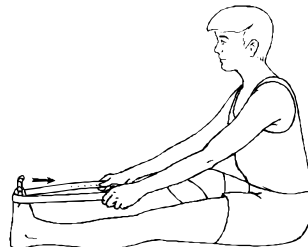
From stairs or a curb, lower heel until stretch is felt. Hold 20 seconds. Repeat with other heel.



Repeat 10 times.
Do 3 sessions per day.

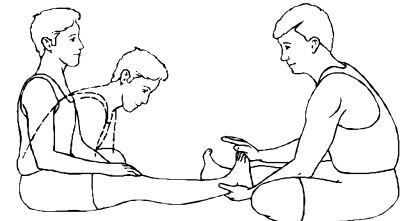
LOWER LEG - 14 Gastroc

With strap or towel around ball of foot, gently pull back until stretch is felt. Hold 20 seconds. Repeat with other foot. Repeat 10 times. Do 3 sessions per day.



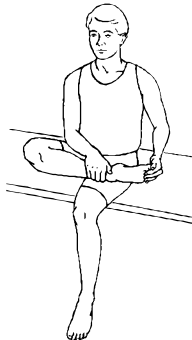
LOWER LEG - 15 Gastroc / Plantar Fascia

With heel in partner's hand, have partner gently push toes toward trunk until stretch is felt. Hold 20 seconds. To increase stretch, gently lean forward. Repeat with other leg. Repeat 10 times. Do 3 sessions per day.



LOWER LEG - 3 Ankle - Dorsiflexion / Toe Extensors

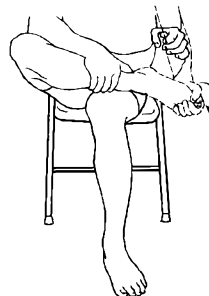
Grasping top portion of foot, pull foot back until stretch is felt. Hold 20 seconds. Repeat with other foot.



Repeat 10 times.
Do 3 sessions per day.

LOWER LEG - 4 Ankle

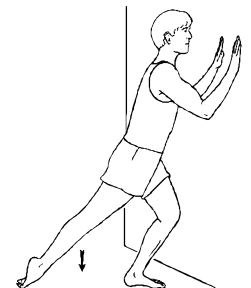
Support one leg on the other and rotate that ankle clockwise, then counterclockwise, 20 revolutions. Repeat with other ankle.



Repeat 10 times.
Do 3 sessions per day.

LOWER LEG - 5 Ankle - Dorsiflexion / Toe Extensors

With back knee facing forward, toes in line with knee, gently press front of back foot and ankle down toward floor. Hold 20 seconds. Repeat with other leg.



Repeat 10 times.
Do 3 sessions per day.