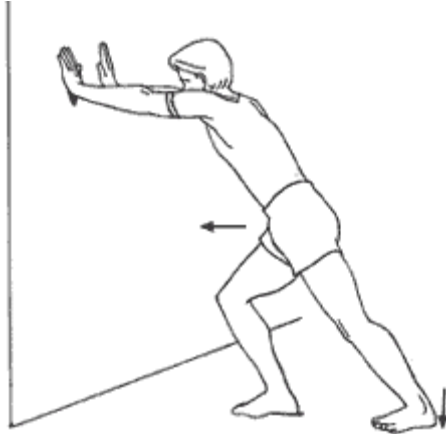


Standing Calf Stretching

Exercise: Calf Stretch



KEEPING BACK AND LEG STRAIGHT WITH THE HEEL ON FLOOR, LEAN INTO THE WALL UNTIL A STRETCH IS FELT IN THE CALF.

Repeat: 3 times

Hold each stretch 30 seconds.

Sessions: 3 times / day

3
times

0

Exercise: Toe Stretching



Bend the toes up to stretch the underside of the foot.

Repeat: 3 times

Hold Time: 30 seconds each

Sessions: 3 times /day