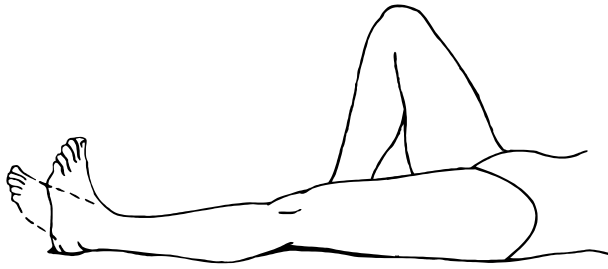


LOWER LEG - 1 Ankle – Plantar / Dorsiflexion



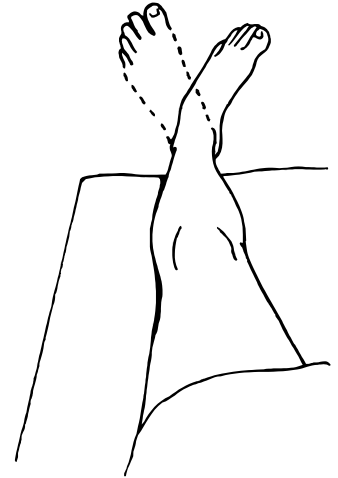
Relax leg. Gently bend and straighten ankle. Move through full range of motion. Avoid pain. Repeat with other ankle.

Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

LOWER LEG - 2 Ankle – Inversion / Eversion

With leg relaxed, gently turn ankle and foot in and out. Move through full range of motion. Avoid pain. Repeat with other leg.

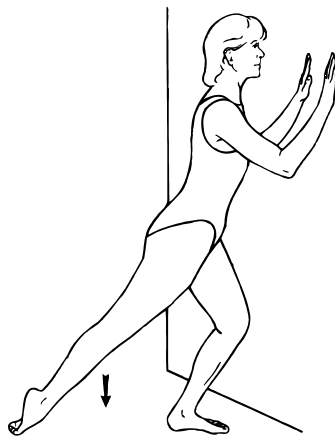
Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.



LOWER LEG - 3 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 \_\_\_\_\_ seconds. Repeat with other leg.

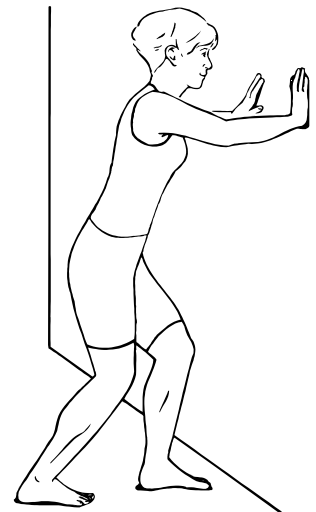
Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.



LOWER LEG - 4 Soleus

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

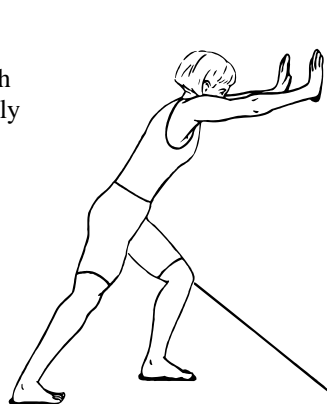
Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.



LOWER LEG - 5 Gastroc

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

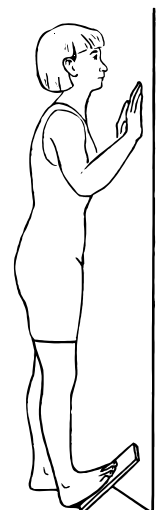
Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.



LOWER LEG - 6 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 \_\_\_\_\_ seconds. Repeat with other leg.

Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.



LOWER LEG - 7 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 \_\_\_\_ seconds. Repeat with other heel.

Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

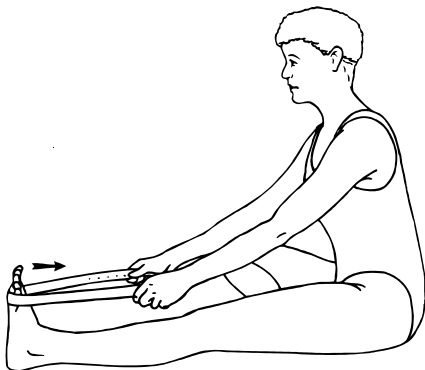
LOWER LEG - 8 Plantar Fascia

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

Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.



LOWER LEG - 9 Gastroc



With strap or towel around ball of foot, gently pull back until stretch is felt. Hold \_\_\_\_ seconds. Repeat with other foot.

Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

UPPER LEG - 1 Quadriceps



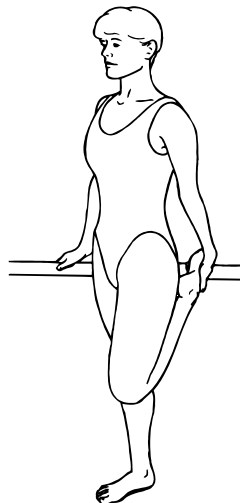
Lying on stomach with thighs together, gently pull ankle toward buttocks until stretch is felt. Hold \_\_\_\_ seconds. Repeat with other ankle.

Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

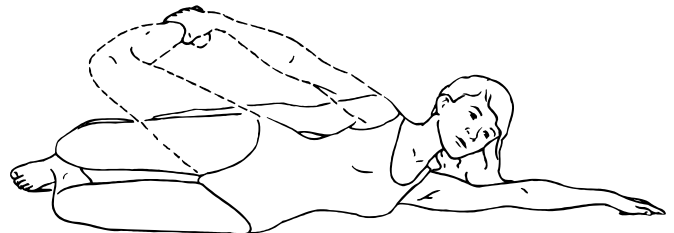
UPPER LEG - 2 Quadriceps

Pull heel toward buttocks until stretch is felt in front of thigh. Hold \_\_\_\_ seconds. Repeat with other heel.

Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.



UPPER LEG - 3 Quadriceps

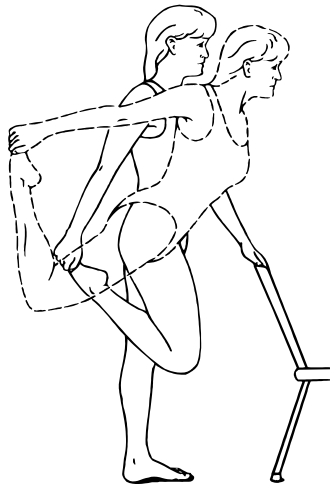


Holding one foot with same-side hand, raise leg until stretch is felt. Hold \_\_\_\_ seconds. Repeat with other side.

Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

UPPER LEG - 4 Quadriceps

From starting position, raise leg until stretch is felt. Hold \_\_\_\_\_ seconds. Repeat with other leg.



Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.