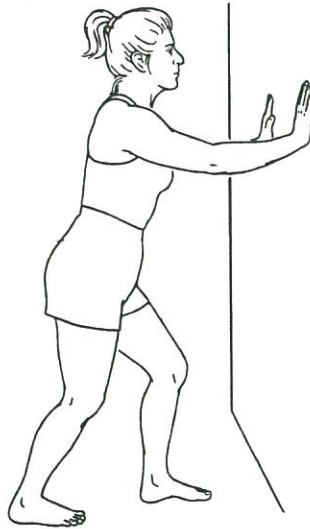


ANKLE / FOOT - 13 Soleus Stretch

Stand with right foot back, both knees bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in lower calf. Hold 60 seconds.

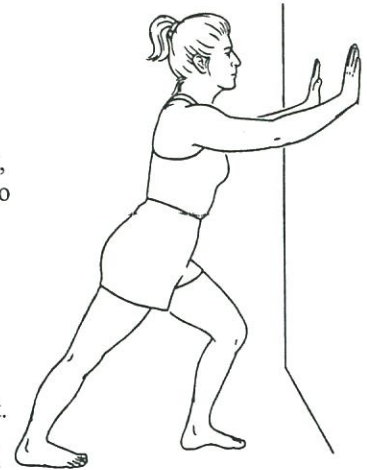
Repeat 3 times per set.
Do 1 sets per session.
Do 1 sessions per day.



ANKLE / FOOT - 14 Gastroc Stretch

Stand with right foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf. Hold 60 seconds.

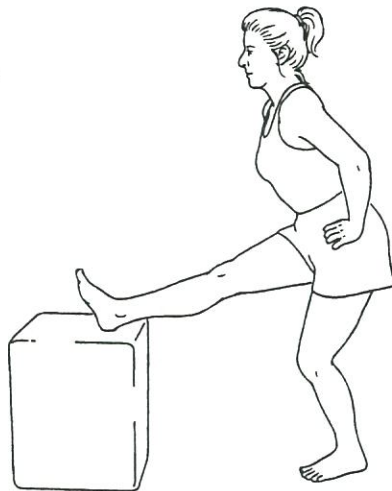
Repeat 3 times per set.
Do 1 sets per session.
Do 1 sessions per day.



HIP / KNEE - 39 Stretching: Hamstring (Standing)

Place right foot on stool. Slowly lean forward, keeping back straight, until stretch is felt in back of thigh. Hold 60 seconds.

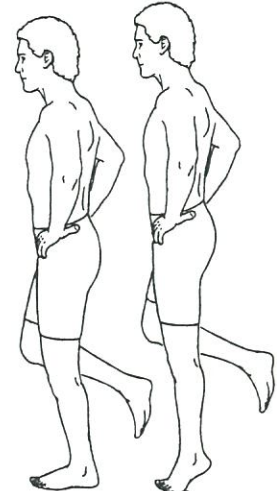
Repeat 3 times per set.
Do 1 sets per session.
Do 1 sessions per day.



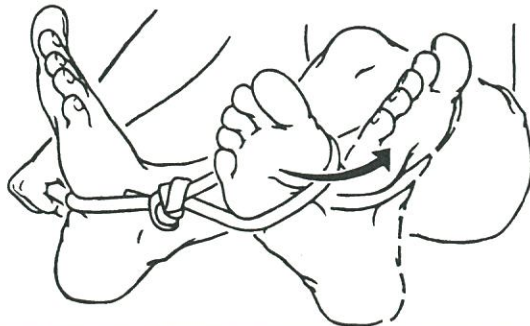
ANKLE / FOOT - 21 Heel Raise: Unilateral (Standing)

Balance on left foot, then rise on ball of foot. Lower SLOWLY. If you can not perform with control practice this exercise on both feet.

Repeat 10 times per set.
Do 2-3 sets per session.
Do 1 sessions per day.



ANKLE / FOOT - 7 Inversion: Resisted



Cross legs with right leg underneath, foot in tubing loop. Hold tubing around other foot to resist and turn foot in. Must be slow and controlled movement.

Repeat 10 times per set. Do 2-3 sets per session.
Do 1 sessions per day.

Use ice to massage inside of shin. Ice massage x 8 minutes prior to running. Use ice pack x 15-20 minutes following run. Do not ice more than once per hour.

Wear supportive footwear for work, home, and running.

Massage with tennis ball/rehab device as needed throughout the day.

All strength exercises must be slow and controlled movement.

If exercise is painful, stop exercise.