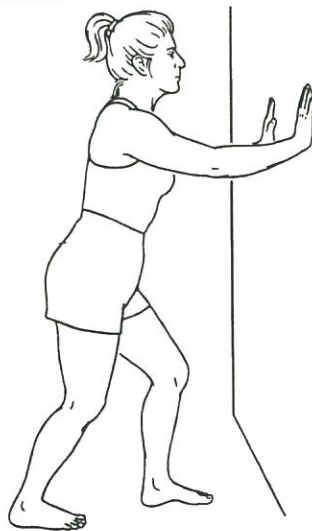


ANKLE / FOOT - 13 Soleus Stretch

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.

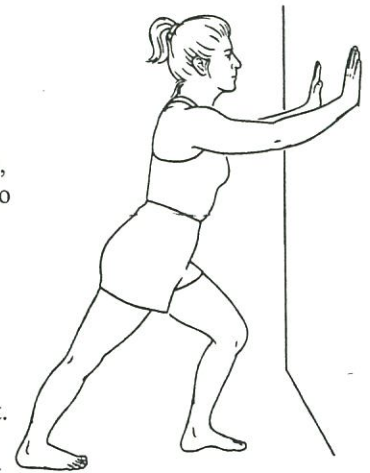
Repeat 3 times per set.  
Do 1 sets per session.  
Do 1 sessions per day.



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.

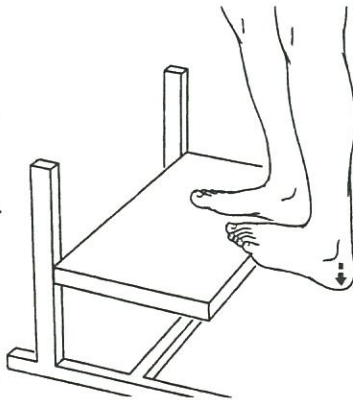
Repeat 3 times per set.  
Do 1 sets per session.  
Do 1 sessions per day.



ANKLE / FOOT - 12 Plantar Fascia Stretch

Standing with only ball of left foot on stair, push heel down until stretch is felt through arch of foot. Hold 60 seconds. Relax.

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.

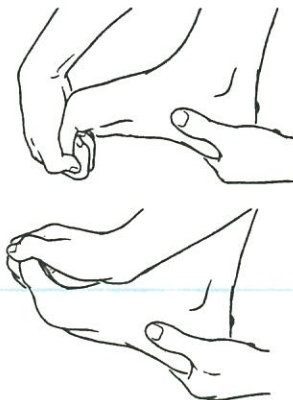
Repeat 3 times per set.  
Do 1 sets per session.  
Do 1 sessions per day.



ANKLE / FOOT - 34 PROM: Toe Flexion / Extension

Gently grasp right toes and curl then straighten them. Hold each position 30 seconds.

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



Use ice to massage bottom of foot when painful.

Night splints can be helpful if pain is persistent.

Wear supportive footwear for work, home, and running.

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