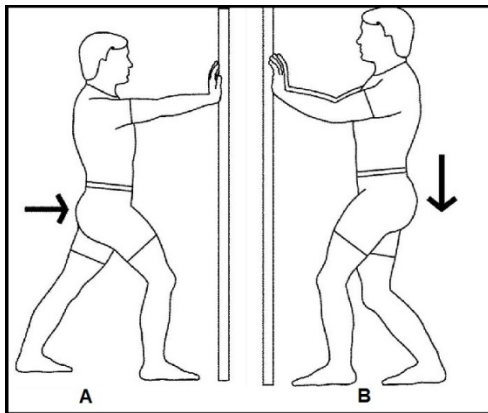


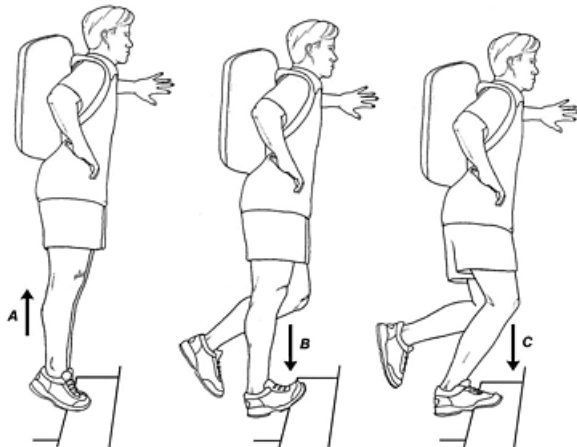
ANKLE AND FOOT STRETCHES

- STRETCH WHEN THE MUSCLE IS WARM (i.e., AFTER EXERCISE)
- PERFORM EACH STRETCH 10 TIMES EACH SESSION.
- STRETCH 2-3 TIMES PER DAY.
- STRETCH TO TENSION (SLIGHT DISCOMFORT), NOT PAIN. IF THE STRETCH IS PAINFUL, STOP AND START OVER.
- DO NOT BOUNCE STRETCH.
- IF YOU EXPERIENCE PAIN, CONSULT YOUR DOCTOR.

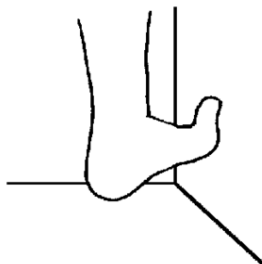


GASTROC (CALF) STRETCH (figure A): Stand a little way from solid support and lean on it with your hands. Bend one leg and place your foot on the ground in front of you, with the other leg straight behind you. Slowly move your hips forward, keeping your lower back flat. Be sure to keep the heel of the straight leg on the ground, with your toes pointed straight ahead.

SOLEUS STRETCH (figure B): Assume the same starting position as above. Move your hips downward as you bend your knees slightly. Keep your back flat. Heels should be down and feet should be pointed straight ahead.



ECCENTRIC ACHILLES STRETCH: Start with both feet on a 4 to 6 inch step, with heels hanging over the step. Perform a heel raise with BOTH legs (step A). Once on your toes, left one leg and slowly lower the heel on the opposite side (step B). Shift your weight to the toes, slightly lifting the heel (step C). Shift weight back to both feet and return to the starting position.



PLANTAR FASCIA (ARCH) STRETCH: While standing, place your foot against a wall, with your ankle flexed and toes up, as shown above. Move your body forward until you feel a mild stretch at the arch.