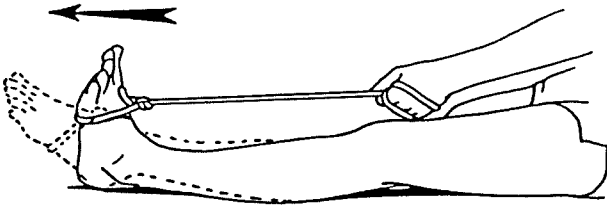


Calf Stretching and Strengthening

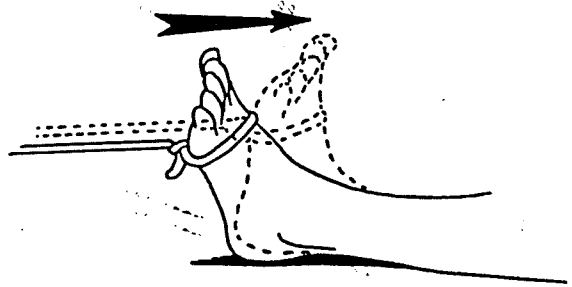
ANKLE/FOOT - 6 Resisted Plantar Flexion



With tubing around foot, press foot down.
Repeat _____ times. Do _____ sessions per day.

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ANKLE/FOOT - 5 Resisted Dorsiflexion

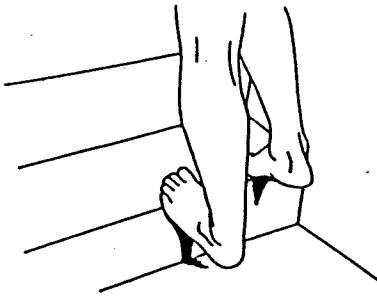


With tubing anchored in doorjamb, pull foot toward face.
Return slowly to starting position. Relax.

Repeat _____ times. Do _____ sessions per day.

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ANKLE/FOOT - 12 Plantar Fascia Stretch



Standing with ball of foot on stair, reach for bottom step with heel until a stretch is felt through the arch of the foot.

Hold _____ seconds. Relax. Repeat _____ times.

Do _____ sessions per day.

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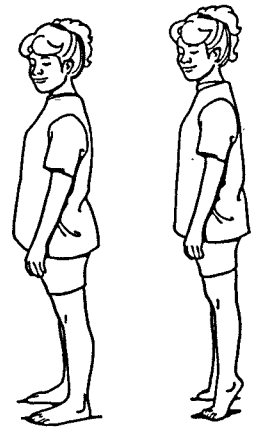
ANKLE/FOOT - 20 Standing Bilateral Heel Rise

Rise on balls of feet.

Repeat _____ repetitions/set.

Do _____ sets/session.

Do _____ sessions/day.



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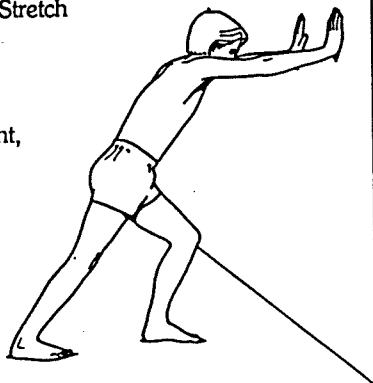
HIP and KNEE - 41 Stretching: Gastroc Stretch

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 _____ times.

Do _____ sessions per day.



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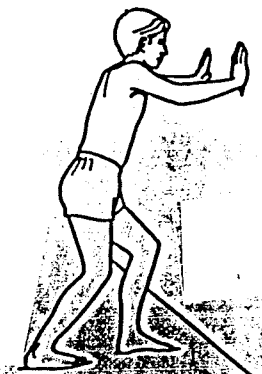
HIP and KNEE - 42 Stretching: Soleus Stretch

Keeping back leg slightly bent, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf.

Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.



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