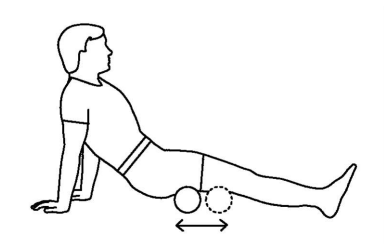


AROM hip/knee thigh massage w/roll



- Begin sitting with CALVES on top of roller.
- Lift body up with arms and roll back of legs up and down the roll.

Special Instructions:

Move from hips to back of knees.

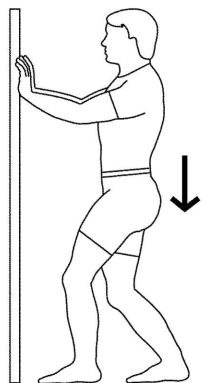
Perform 3 sets of 20 Repetitions, once a day.

Use Foam Roll.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Stretch Soleus stand

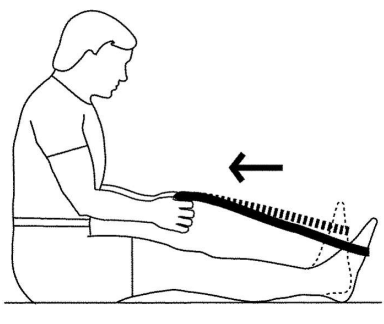


- Stand, one leg in front of the other.
- Face wall, hands on wall for support.
- Slowly bend knees, keeping heels on floor, as shown, until stretch is felt.
- Repeat with other leg in front.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch Gastroc sit w/towel



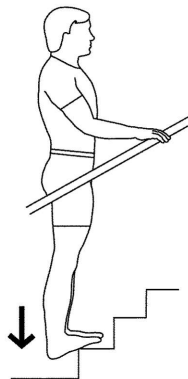
- Sit as shown, looping towel around ball of foot.
- Gently and steadily pull on towel, keeping knee straight.

Perform 1 set of 4 Repetitions, twice a day.

Use Towel.

Hold exercise for 20 Seconds.

Stretch Gastroc/Soleus bil standing



- Stand with balls of feet on a step, using banister to steady yourself.
- Keeping knees slightly bent, gently lower heels.

Special Instructions:

Progress to performing with straight knees.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.