

**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.

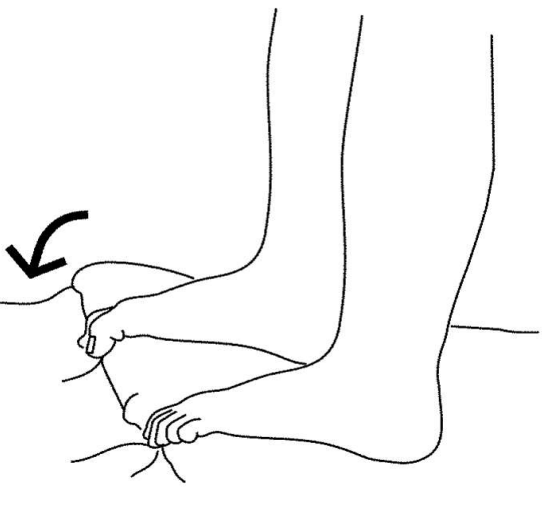
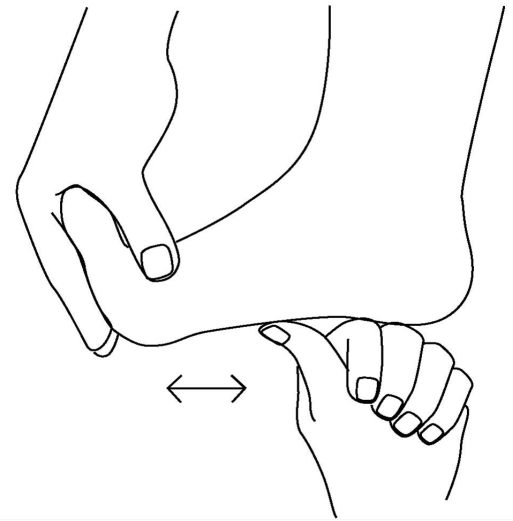
Hold exercise for 20 Seconds.

**Stretch toe flexors/plantar fascia**

- Use one hand to pull toes upward.
- Keep toes pulled upward.
- Use thumb of other hand and push down while moving up and down along sole of foot.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.



**AROM toe flx grab w/towel**

- Sit with towel on floor.
- Contract toes to bunch up towel under your foot.
- Relax toes.
- Repeat.

Perform 3 sets of 20 Repetitions, once a day.

Use Towel.  
Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.