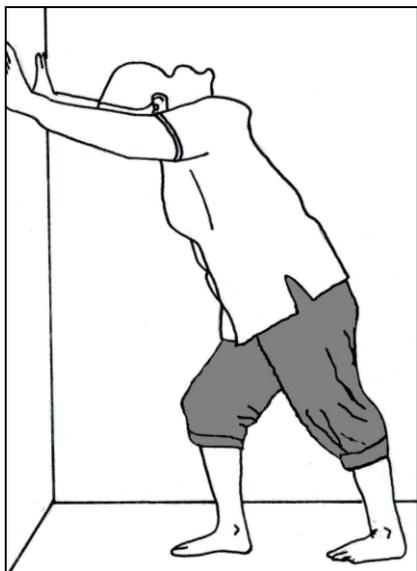
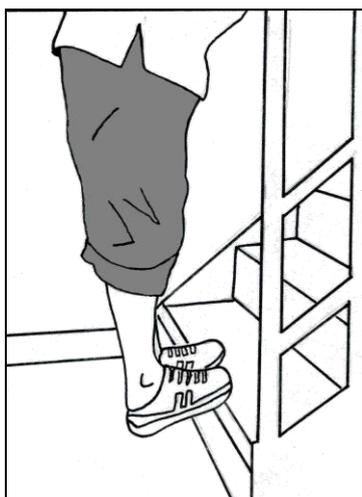


Stretching Exercises



Lean against the wall with the knee kept straight and the heel touching the floor. You should feel stretch up back of leg.

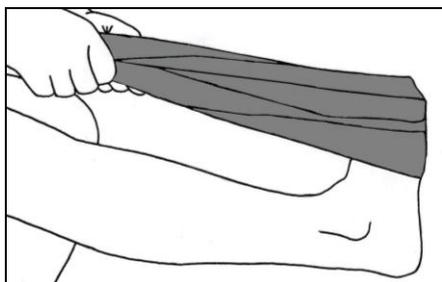
Hold for 10 seconds and repeat 10 times, 2-3 times a day



Stretching the back of the leg over the edge of the bottom step.

Hold for 10 seconds and repeat 10 times, 2-3 times a day

It is very important with this particular exercise that the action of lowering the heel is carried out in a slow, controlled manner.



Sit with leg straight in front and use a towel to loop it over the foot, including the toes. Pull the towel until you feel the pull in your calf and the ball of your foot.

Hold for 10 seconds and repeat 10 times, 2-3 times a day

