

Tibialis Posterior Stretch at Wall

REPS: 3	HOLD: 30	DAILY: 2	WEEKLY: 7
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Setup

Begin in a staggered stance position with your hands resting in front of you on a wall.

Movement

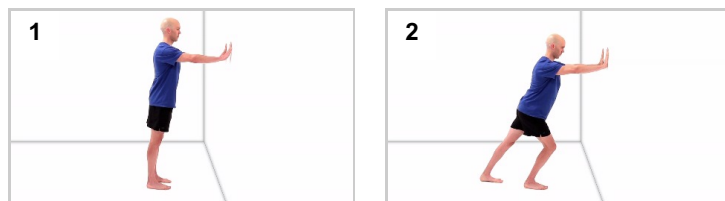
Bend your back knee forward and inward, hold this position. You should feel a stretch on the inside of your lower leg.

Tip

Make sure to keep your back straight and hips facing forward during the exercise.

Gastroc Stretch on Wall

SETS: 3	HOLD: 30	DAILY: 1	WEEKLY: 7
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Setup

Begin in a standing upright position in front of a wall.

Movement

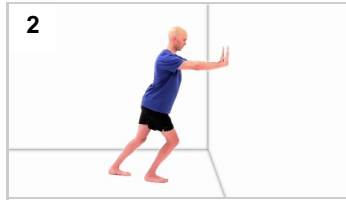
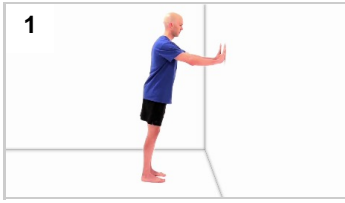
Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

Tip

Make sure to keep your heels on the ground and back knee straight during the stretch.

Soleus Stretch on Wall

SETS: 3	HOLD: 30	DAILY: 1	WEEKLY: 7
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Setup

Begin in a standing upright position in front of a wall.

Movement

Place your hands on the wall and extend one leg backward with your knee bent. Lean forward into the wall, until you feel a stretch in your lower calf and hold.

Tip

Make sure to keep your heels on the ground and back knee bent during the stretch.

Seated Table Hamstring Stretch

SETS: 3	HOLD: 30	DAILY: 1	WEEKLY: 7
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Setup

Begin sitting upright on the edge of a table or bed with one leg resting straight on the bed and your other foot on the floor.

Movement

Gently lean forward, hinging at your hips, until you feel a stretch on the back of your leg, and hold.

Tip

Make sure to keep your knee straight and toes pointing up toward the ceiling. Do not round your back as you bend forward.

Seated Anterior Tibialis Stretch

SETS: 3	HOLD: 30	DAILY: 1	WEEKLY: 7
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Setup

Begin sitting upright on the edge of a chair with both feet flat on the floor.

Movement

Bring one foot backward under the chair and place the top of your toes on the ground. Gently press the top of your foot toward the ground until you feel a stretch in the front of your leg. Hold this position.

Tip

Make sure to keep your back straight and hips facing forward during the exercise.

Long Sitting Ankle Eversion with Resistance

REPS: 10	SETS: 3	DAILY: 2
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Setup

Begin sitting upright on the floor with a resistance band secured around one foot. The resistance band should be looped around the bottom of your other foot with the end held in your hand.

Movement

Move the foot with the resistance band away from the other foot by rotating your ankle outward, then slowly return to the starting position and repeat.

Tip

Make sure to avoid any hip movement.

Long Sitting Ankle Plantar Flexion with Resistance

REPS: 10	SETS: 3	DAILY: 2
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Setup

Begin sitting upright on the floor with your legs straight and a resistance band secured around one foot. The band should be looped around the bottom of your foot with the end held in your hand.

Movement

Bend your foot away from your body, creating further tension in the band.

Tip

Make sure to keep your toes relaxed and maintain good sitting posture.

Long Sitting Ankle Inversion with Resistance

REPS: 10	SETS: 3	DAILY: 2
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Setup

Begin sitting upright on the floor with your legs crossed and a resistance band secured around one foot. The resistance band should be looped around the bottom of your other foot with the end held in your hand.

Movement

Move the foot with the resistance band away from the other foot by rotating your ankle inward, then slowly return to the starting position and repeat.

Tip

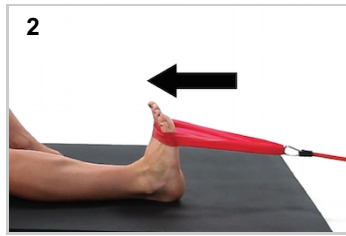
Make sure to avoid any hip movement.

Long Sitting Ankle Dorsiflexion with Anchored Resistance

REPS: 10

SETS: 3

DAILY: 2



Setup

Begin sitting upright on the floor with your legs straight and a resistance band secured around one foot. You should be facing the anchor point.

Movement

Pull the top of your foot toward your body, creating further tension in the band.

Tip

Make sure to keep your toes relaxed and maintain good sitting posture.

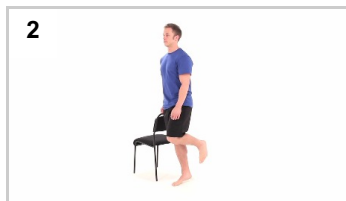
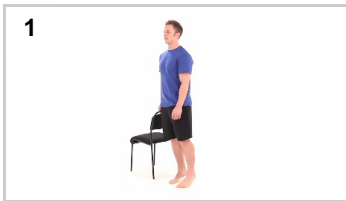
Standing Eccentric Heel Raise

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position, holding onto a chair for support, with both feet on the ground.

Movement

Raise up onto your toes. Lift one leg off the floor, then slowly lower your heel to the floor. Repeat this motion.

Tip

Make sure that the single leg lowering movement is performed slowly. Try not to let your knee bend as you lower your heel.