

Gastroc Stretch on Wall

REPS: 3	HOLD: 30	DAILY: 2
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Setup

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

Movement

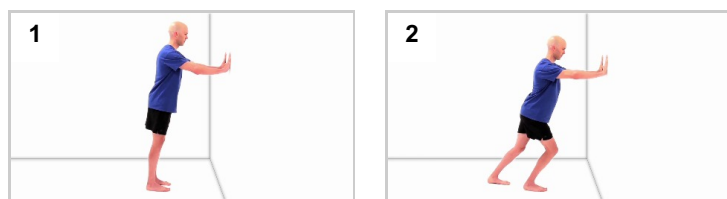
Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

Tip

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

Soleus Stretch on Wall

REPS: 3	SETS: 1	HOLD: 30	DAILY: 2
WEEKLY: 7			



Setup

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

Movement

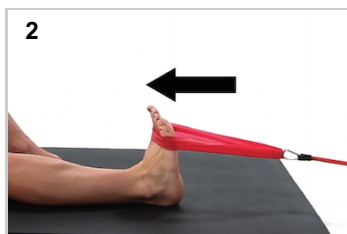
Place your hands on the wall and extend one leg backward with your knee bent. Lean forward into the wall, until you feel a stretch in your lower calf and hold.

Tip

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

Long Sitting Ankle Dorsiflexion with Anchored 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. 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.

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 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 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.

Single Leg Stance

REPS: 10

HOLD: 10

DAILY: 2



Setup

Begin in a standing upright position with your feet together and arms resting at your sides.

Movement

Lift one foot off the floor, balancing on your other leg. Maintain your balance in this position.

Tip

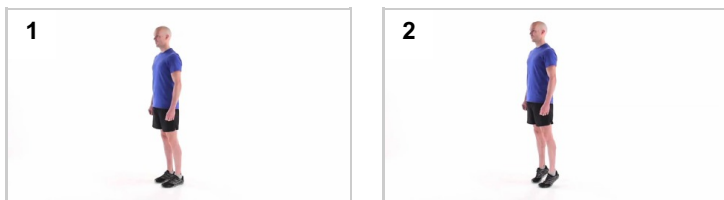
Try not to move your arms away from your body or let your weight shift from side to side.

Standing Heel Raise

REPS: 10

SETS: 3

DAILY: 2



Setup

Begin in a standing upright position with your feet shoulder width apart.

Movement

Slowly raise both heels off the ground at the same time, then lower them down to the floor.

Tip

Make sure to keep your upper body still and avoid gripping with your toes.

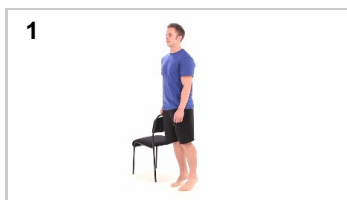
Standing Eccentric Heel Raise

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.

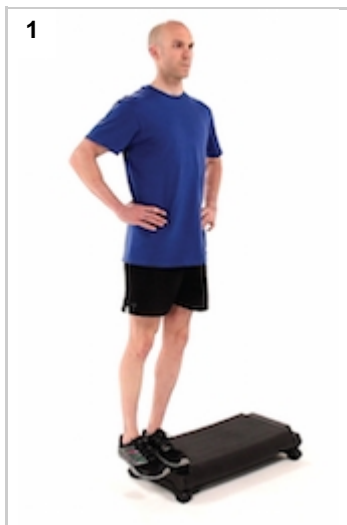
Lateral Step Down

REPS: 10-15

SETS: 2-3

DAILY: 1

WEEKLY: 7



Setup

Begin by standing on a platform or step with one leg hanging off the edge.

Movement

Maintaining an upright position, bend at your knee and hip, slowly lowering your foot to the ground, then return up to the starting position and repeat.

Tip

Make sure not to let your trunk bend forward or your knee collapse inward as you lower your foot to the ground.

Forward Step Down

REPS: 10-15

SETS: 2-3

DAILY: 1

WEEKLY: 7



Setup

Begin standing on a step with your hands on your hips.

Movement

Balance on one leg and lower your other leg forward off the step to the floor. Lightly touch the floor with your heel then return to the starting position and repeat.

Tip

Make sure to maintain your balance during the exercise and do not let your knee collapse inward.

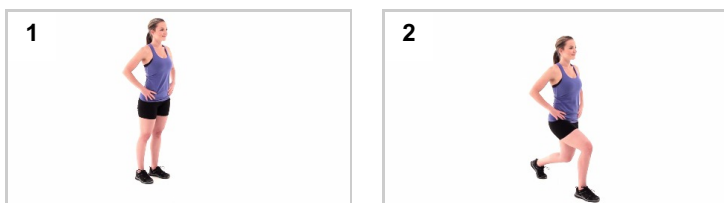
Mini Lunge

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position.

Movement

Step forward with one foot and lower down into a mini lunge position. Return to standing and repeat on the other leg.

Tip

Make sure to maintain your balance and do not let your front knee move forward past your toes.

Box Drill Abduction

REPS: 30	DAILY: 1	WEEKLY: 7
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Setup

Begin standing upright with a resistance band looped around one ankle and anchored on your opposite side.

Movement

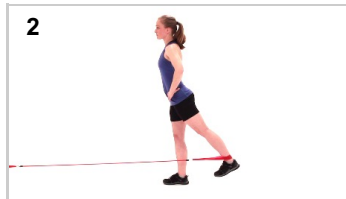
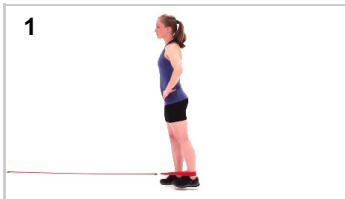
Lift your leg out to your side repeatedly without touching your foot to the ground.

Tip

Make sure to keep your movements controlled and maintain your balance during the exercise.

Box Drill Extension

REPS: 30	DAILY: 1	WEEKLY: 7
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Setup

Begin standing upright with a resistance band looped around one ankle and anchored in front of you with your hands on your hips.

Movement

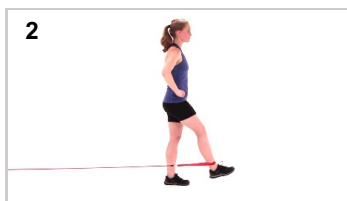
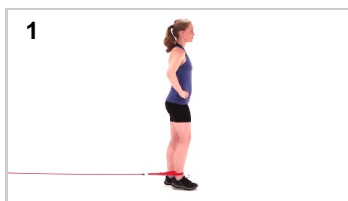
Lift your leg backward repeatedly without touching your foot to the ground.

Tip

Make sure to keep your movements controlled and maintain your balance during the exercise.

Box Drill Flexion

REPS: 30	DAILY: 1	WEEKLY: 7
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Setup

Begin standing upright with a resistance band looped around one ankle and anchored behind you, with your hands on your hips.

Movement

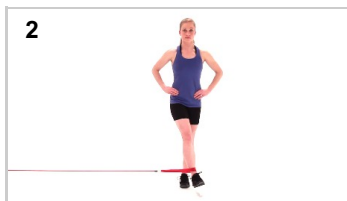
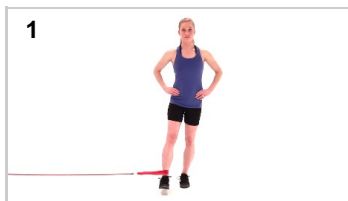
Lift your leg forward repeatedly without touching your foot to the ground.

Tip

Make sure to keep your movements controlled and maintain your balance during the exercise.

Box Drill Adduction

REPS: 30	DAILY: 1	WEEKLY: 7
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Setup

Begin standing upright with a resistance band looped around one ankle and anchored on your same side.

Movement

Pull your leg inward across your other leg repeatedly without touching your foot to the ground.

Tip

Make sure to keep your movements controlled and maintain your balance during the exercise.