

### Standing Calf Stretch (Gastroc)

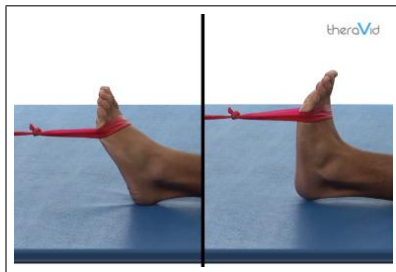


SETS: -  
 REPS: -  
 PER DAY: -  
 PER WK: -  
 HOLD: -  
 REST: -  
 LBS: -

**Description:** Begin by standing with the leg you wish to stretch behind the other. While holding on to a stable surface gently lean forward, bending your front knee. Make sure to keep your back knee straight and heel firmly planted on the ground. Continue until you feel a stretch in your calf. Hold as directed. Repeat as directed.

Comments:

### Ankle Dorsiflexion with Band

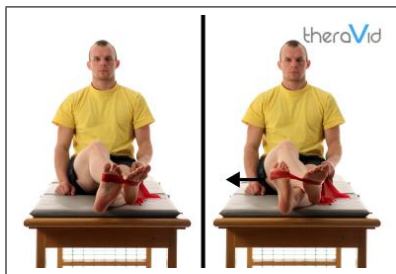


SETS: -  
 REPS: -  
 PER DAY: -  
 PER WK: -  
 HOLD: -  
 REST: -  
 LBS: -

**Description:** Begin by securing an exercise band low in a doorway. Sit on the floor facing the doorway with the leg to be exercised straight out, and loop an end of the exercise band around the top of your foot. Bend your ankle upward, bringing your toes toward you. Slowly return to starting position. Repeat as directed.

Comments:

### Ankle Inversion with Exercise Band



SETS: -  
 REPS: -  
 PER DAY: -  
 PER WK: -  
 HOLD: -  
 REST: -  
 LBS: -

**Description:** Sit both knees straight and place an exercise band around your foot on the side you wish to exercise. Cross your legs so that your other foot is on top of the foot you wish to exercise. Wrap the exercise band around the other foot; hold it tight, taking out any slack. On the side you wish to exercise, roll your ankle so that the sole of your foot is facing away from your other foot. When fully rotated, return to starting position.

Comments:

### Standing Calf Stretch (Soleus)

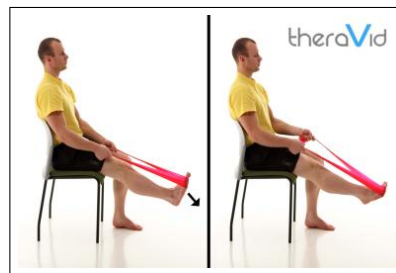


SETS: -  
 REPS: -  
 PER DAY: -  
 PER WK: -  
 HOLD: -  
 REST: -  
 LBS: -

**Description:** Begin by standing with the leg you wish to stretch behind the other. While holding on to a stable surface, gently bend both knees and squat downwards, leaning backwards slightly. Make sure to keep your heel firmly planted on the ground. Continue until you feel a stretch in your calf. Hold as directed. Repeat as directed.

Comments:

### Seated Ankle Plantarflexion with Exercise Band

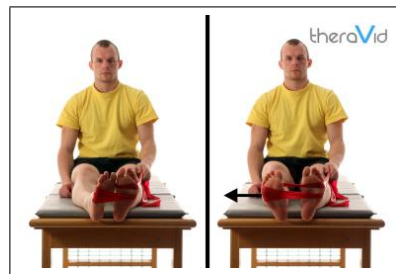


SETS: -  
 REPS: -  
 PER DAY: -  
 PER WK: -  
 HOLD: -  
 REST: -  
 LBS: -

**Description:** In sitting, straighten the leg to be exercise and loop an exercise band around the balls of your feet. While holding the other end of the exercise band, push the toes downwards into the band. Slowly lift the toes back up. Repeat as directed.

Comments:

### Ankle Eversion with Exercise Band



SETS: -  
 REPS: -  
 PER DAY: -  
 PER WK: -  
 HOLD: -  
 REST: -  
 LBS: -

**Description:** While sitting with both knees straight, place an exercise band around your foot on the side you wish to exercise. Allow the exercise band to go around your other foot, and then hold the exercise band tight. On the side you wish to exercise, roll your ankle so that the sole of your foot is facing away from your other foot. When fully rotated, slowly allow it to turn back to its natural position. Repeat as directed.

Comments:

### Single Leg Balance



**SETS:** -  
**REPS:** -  
**PER DAY:** -  
**PER WK:** -  
**HOLD:** -  
**REST:** -  
**LBS:** -

**Description:** Stand on the leg you wish to exercise. Attempt to balance on that leg for as long as directed.

**Comments:**

### Anterior Step Ups

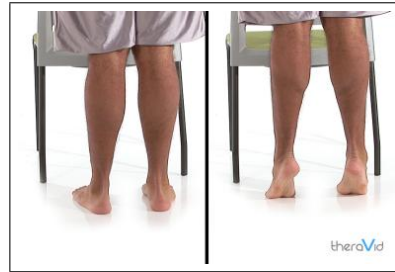


**SETS:** -  
**REPS:** -  
**PER DAY:** -  
**PER WK:** -  
**HOLD:** -  
**REST:** -  
**LBS:** -

**Description:** Standing in front of a step, place the foot of the leg you wish to exercise onto the step and step up, fully straightening your knee and standing up straight. Lower yourself back to the starting position and repeat as directed.

**Comments:**

### Bilateral Heel Raises



**SETS:** -  
**REPS:** -  
**PER DAY:** -  
**PER WK:** -  
**HOLD:** -  
**REST:** -  
**LBS:** -

**Description:** Begin by standing in front of a stable surface. Gently lift both heels of the ground and push up onto your toes keeping your knees straight. When fully lifted, slowly lower your heels back to the ground. Repeat as directed.

**Comments:**