

YOUR DVD CODE: 452 - 344 - 520 - 112 - 928 - 890

1: 452 - Ankle Range of Motion: Dorsiflexion/ Plantar Flexion

- Slowly flex and extend ankle



Sets: 1 Reps: 5 mins Sessions: 2 Everyday

2: 344 - Ankle Range of Motion: Alphabet

- Draw ABC's in the air with toes



Sets: 1 Reps: 5 mins Sessions: 2 Everyday

3: 520 - Gastroc Stretch in Standing

- Stand facing wall Place one foot in back with knee straight Maintain heel on ground, foot facing forward Lean into wall until you feel a stretch



Sets: 2 Reps: 2 Sessions: 2 Everyday Hold Time: 10s

4: 112 - Soleus Stretch in Standing

- Stand facing wall
- Place one foot in back with knee bent
- Maintain heel on ground
- Lean into wall until you feel a stretch



Sets: 2 Reps: 2 Sessions: 2 Everyday Hold Time: 10s

5: 928 - Bilateral Heel Raises in Standing

- Stand with good posture
- Slowly raise heels off ground



Sets: 2 Reps: 20 Sessions: 2 everyday Hold Time: 5s

6: 890 - Single Leg Stance

- Stand on one leg and balance



Sets: 2 Sessions: 2 everyday Hold Time: 30s