

YOUR DVD CODE: 520 - 112 - 401 - 428

1: 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

2: 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

3: 401 - Ankle Plantar Flexion Mobilization in Kneeling



- Kneel on one knee
- Extend bottom foot backwards
- Rock backwards until a stretch is felt in the ankle

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

4: 428 - Plantar Fascia Stretch in Standing



- Place ball of foot on edge of stair or step
- Slowly let heel drop down and stretch sole of foot

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