1 **Toe Raises:** Seated in a chair with the feet flat on the floor, raise the toes & ball of the foot off the floor keeping the heel on the floor. You may do one foot at a time or both together.

2

Heel Raises: Seated or standing, start with both feet flat on the floor. Slowly rise up onto the ball of the foot lifting the heels off the floor. Make sure to go through a full range of motion. Slowly return to the start position and maintaining good balance if standing. You may do one foot at a time or both together.

3 **ABC's:** While seated, try to write the alphabet in the air with your foot by moving just your ankle. Repeat with the opposite foot.

4

Towel Scrunches: Put a towel on the floor with your feet on top of the towel. Flex the toes to try to bunch up the towel under your foot. You may do one foot at a time or both together.

5

Calf Stretch: Stand with your hands on a wall in front of you for stability. With your right leg forward, step your left leg back, keeping the knee straight. Keep your back heel down as you lean into the wall. After 20-30 seconds, slightly bend your left knee and sit back to stretch deeper into the lower leg (Achilles) as shown. Repeat on opposite leg.

- **Tip:** You should feel this stretch in the back of your lower leg.

6

Plantar Flexor Stretch: Seated in a chair, reach your left leg behind you with your toes pointed down as shown. Shift your weight forward until you feel a mild stretch on the top of the ankle. Repeat on opposite side.

Exercise Guidelines:

1. Perform 10-15 repetitions of each exercise.
2. Use slow and controlled movements.
3. Exhale during exertion, inhale during release.
4. Maintain good posture and technique.
5. Perform exercises in an area with adequate space.
6. Discontinue exercise if you experience pain.
7. Use a support for balance as needed.

Stretching Guidelines:

1. Hold each stretch for 20-30 seconds.
2. Hold stretch in a pain free range of motion.
3. Do not bounce, use controlled movements.
4. Do not hold your breath, breathe slowly.

PRECAUTIONS: This information is not intended as a substitute for the advice of a personal healthcare provider. If you have medical conditions requiring attention or which may be aggravated by physical activity, consult your healthcare provider regarding the type of activity that is safe and appropriate for you.

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