



Notes:

Plantar Fascia /Gastrocs

Sitting with one leg extended out in front, place towel under ball of foot. Gently pull foot back towards shin.

Sets:	
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:



Ankle Pump - Supine

Lying on back with foot placed up on gym ball or chair. Gently pump ankle back and forth.

Sets:	2
Reps:	12
Weight:	
Hold:	4 sec
Rest:	30-60
3x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:



Alphabet Ankle

Seated with leg out in front. Place towel under lower leg and relax ankle. Move ankle so as to draw the letters of the alphabet A,B,C... Try drawing both upright figure 8's and side lying 'lazy 8's in both directions.

Sets:	2
Reps:	12
Weight:	
Hold:	4 sec
Rest:	30-60
3x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:



One Legged Standing

Standing in readiness position, close to a wall or within a doorway. Raise one leg up in front and hold balanced.

Sets:	
Reps:	1-2 min
Weight:	
Hold:	
Rest:	
daily	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31