



Notes:

1- Forefoot rolling side to side



Stand next to a chair, wall, or stable object for balance.
Step over a ball with one foot-the ball should be under the forefoot-and your heel on the ground.
Roll your ankle (inversion and eversion) side to side to massage the arch and to mobilize the long bones in your foot.

2- Side-to-side rear foot rolling



Stand next to a chair, wall or stable object for balance.
Step over a ball with one foot-the ball should be at the bottom of your heel-with your toes on the ground.
Roll your ankle side to side to massage the arch.

3- Stretching calf sitting



Sit down with one leg outstretched and the other bent.
Place a strap around the ball of your outstretched foot and hold the ends of the strap in your hands.
Pull up against the strap until you feel a stretch at the back of your leg.
Maintain the position.
Repeat the above with your other leg.

4- Soleus stretch



Stand behind a step and put the foot to be stretched on it.
Move the knee forward without lifting the heel off the step until a stretch is felt in the calf.
Hold for the prescribed time.

5- Passive plantar flexion



Stand beside a chair and place your injured foot on the chair as shown.
Press on your heel to increase the stretch and maintain the position.
Relax and repeat.