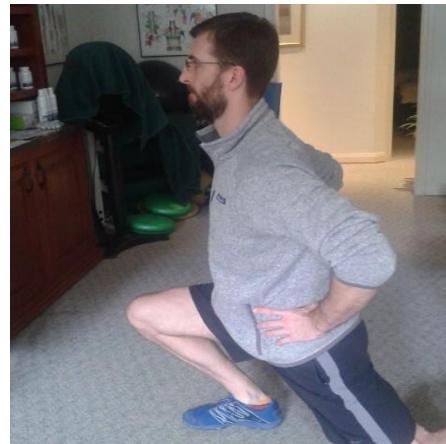
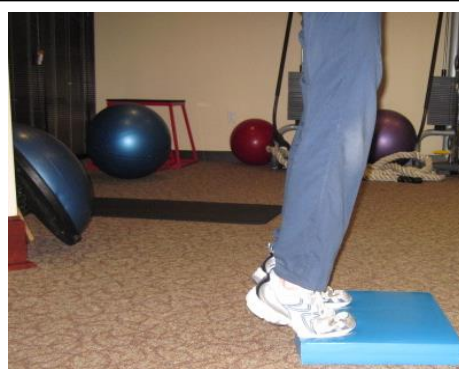


Perform every other day



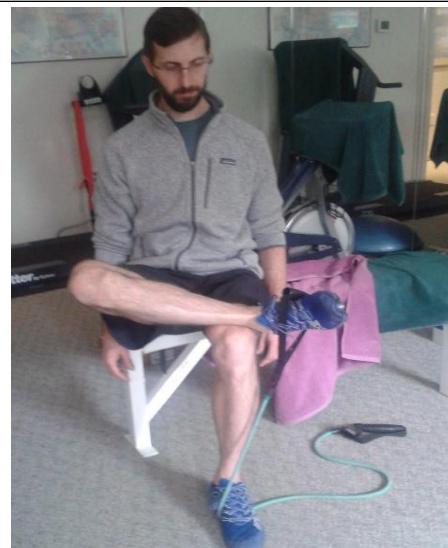
1. Perform 10 ankle motions per side. Keep the heel flat of the forward leg and rock forward with your knee over your toes as far as you can without heel coming off the ground and hold it for 5 seconds, then return to starting position.



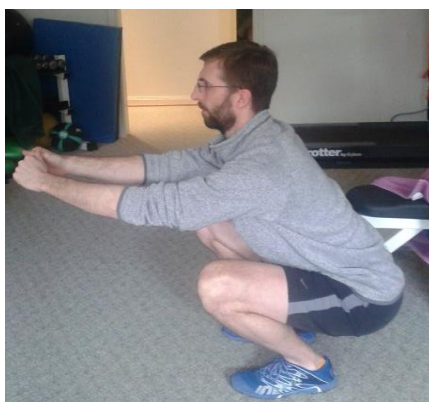
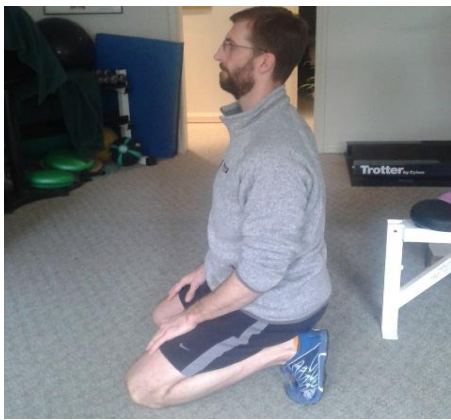
2. Perform 45 repetitions standing on a foam block with toes forward, toes in, and toes turned out for a total of 45 repetitions. Stand with heels hanging off the block and raise up on your toes as high as you can and hold for 1 second.



3. Perform 20 repetitions on each leg. Tie tubing around a pole and then wrap handle around your foot. Start with it pointed in and down, then pull ankle lateral pulling toes up towards your shins. Move slowly.



4. Perform 2 sets of 20 repetitions per leg. Set up the band as instructed and pull your ankle up towards the sky and turn toes so they point up as well. This is known as supination and inversion. Only move from the ankle and don't let your knee or hips move. use as much tension on the band as possible.



5. Perform this stretch in the picture all the way to the left for 30 seconds. If this is easy roll to a full squat in the other picture without touching the ground with your hands. Do this 10 times in a row.