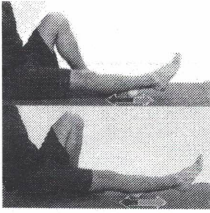


1



CALF ROLL WITH BALL - SELF MASSAGE

1) Sit on the floor and place a small ball, such as a tennis ball or golf ball under your calf.

Next, move your body on the ball so it rolls up and down your calf for a deep tissue massage.

2) Repeat this for muscles on side/top of shin.

2

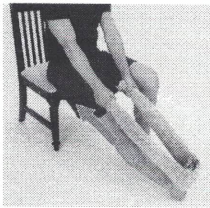


Ball Soft Tissue Massage - ARCH OF FOOT

While seated, place a small ball under your foot and press into it while rolling it around.

Use this form of self-soft tissue massage technique for the arch of the foot.

3



SEATED CALF STRETCH - GASTROC

While sitting, use a towel or other strap looped around your foot. Gently pull your ankle back until a stretch is felt along the back of your lower leg.

4



Gastroc Stretch Wedge/Step/Wall

Stand with your toes on the wedge, step to on wall and your heels on the ground. Lean into the wall until you feel a stretch in the back of your leg (calf muscle). Hold this position for 30 seconds, then relax and do it again.

5



TOE WALK

Raise up your heels and walk on your toes.

Take few steps forward and then a few steps backwards.

6



HEEL WALK

Raise up your toes and walk on your heels.

Take few steps forward and then a few steps backwards.

7



SINGLE LEG STANCE - SLS

1) Stand on one leg and maintain your balance.

2) Stand on one leg with eyes closed and maintain balance.

8



Single Leg Stance On Pillow

Place pillow on floor. Stand on involved leg/foot on pillow and lift uninvolved leg/foot to balance.

Place hands close to wall for additional balance if needed.

9



TANDEM STANCE AND WALK

Stand with one foot directly in front of the other so that the toes of one foot touches the heel of the other.

Progress by taking steps with your heel touching your toes with each step.

Maintain your balance.