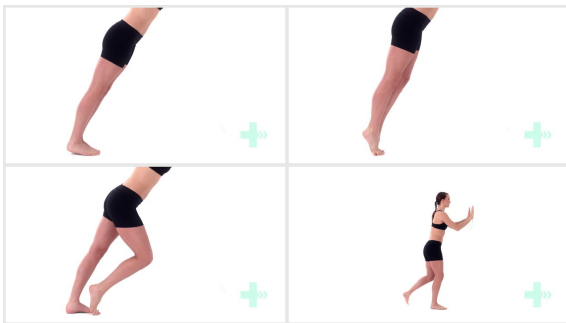




**1. Calf raise toes dorsiflexed**

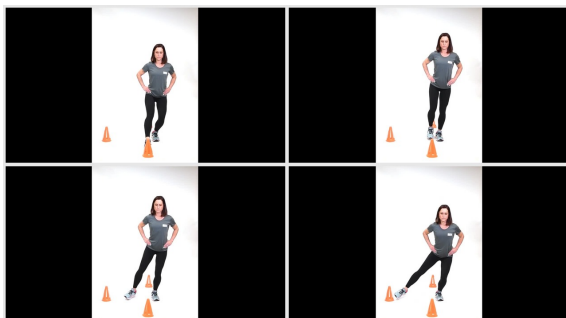
Stand up straight facing a wall or supportive surface.  
 Position a rolled towel on the floor.  
 Place your toes onto the towel.  
 Perform a calf raise, pushing up onto your toes.  
 Hold this position.  
 Control the movement as you slowly lower your heels back down to the floor.  
 Ensure you keep your knees straight throughout the movement.

*Rise up, hold for 2 seconds, slowly lower back down taking 3 seconds to lower.*



**2. Gastrocnemius soleus dynamic stretch, leaning against wall, standing**

Stand leaning forwards against a wall with your feet as far back from the wall as you can without your heels coming off the ground.  
 You should feel a stretch in your calves.  
 Come up onto your toes on both feet and slowly lower yourself back to the floor with one foot. Alternate between feet as in walking.



**3. PRO Fit ES - Single Leg Stance with 3 cone reach (video)**

Preparation:

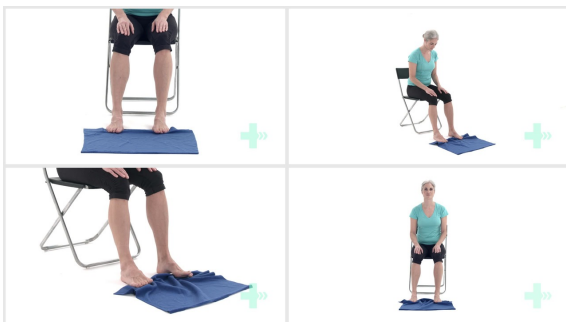
- Stand with good posture and hands on hips.

Execution:

- Shift weight and slightly bend the weight bearing knee.
- Perform a squat with the weight bearing leg and tap the opposite foot in the 12, 3, and 6 "o'clock" directions
- Return to start position between each time tap.

*If this is too difficult, start by just trying to balance on one foot with your eyes focused on stationary object.*

*If that is too difficult or you feel unsteady, try starting with your back in a corner. This helps you make small corrections to your balance safely.*



**4. Toe flexion (all) strengthening curling toes pulling towel, in sitting; 01**

Start in a seated position.  
 Spread a thin towel on the floor in front of you and place your foot on the end of the towel.  
 Keep your heel on the floor and use your toes to try to pull the towel towards you.  
*After this, try to lift the towel off the floor. During the day, alternate between curling and splaying your toes while wearing your shoes. This helps keep your foot muscles active.*