

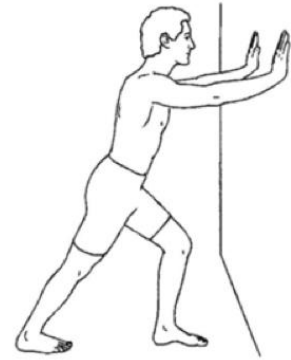
# ANKLE, FOOT, AND ACHILLES STRETCHING

## Things to remember

- ✓ Always wear proper footwear while doing these stretches.
- ✓ Hold each stretch 15-30 seconds on each side.
- ✓ Repeat 3 times on each side for each stretch.
- ✓ Do 3 sessions daily.

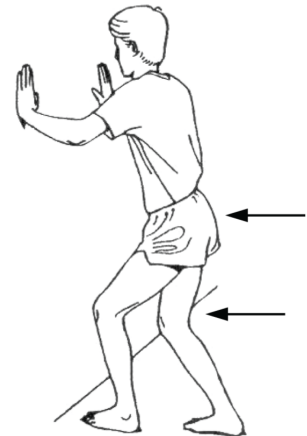
### Exercise #1

Stand in a comfortable shoulder width stance. Keep your front leg bent while keeping your back leg straight. With both your heels flat on the floor, turn your back toes slightly inward. Lean your front knee and hips towards the wall, until a stretch is felt in the upper calf.



### Exercise #2

Keep your feet and heels flat on the floor. Stand with both knees bent, in a comfortable shoulder width stance. Keep your back toes turned in slightly. Gently lean your front knee and hips towards the wall until you feel a stretch in your lower calf.



### Exercise #3

Place foot to be stretched forward, with heel on the ground and toes on the wall. The goal of this stretch is to get your front foot flat against the wall. Keep your front knee straight. Use the leg that is behind you to elevate your entire body up over your foot, while bringing your hips towards the wall. Do this until you feel a stretch up the entire back of your calf and your leg.

