

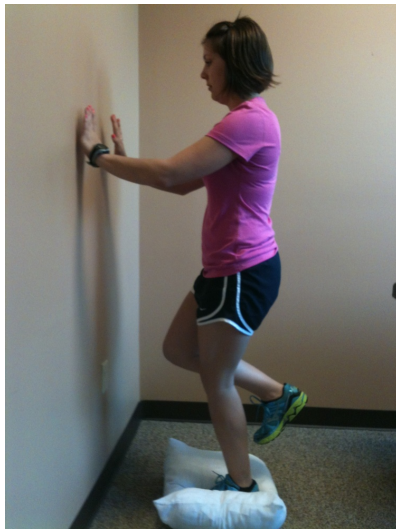


**TOWEL SLIDES - INVERSION**

While seated, use a towel and slide it with your foot across the floor in an inward direction. Be sure to keep your heel in contact with the floor the entire time.

Video # VVPMVVR4F

**Repeat** 6 Times  
**Hold** 1 Second  
**Complete** 4 Sets  
**Perform** 2 Times a Day



**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.

**Repeat** 3 Times  
**Hold** 30 Seconds  
**Complete** 1 Set  
**Perform** 2 Times a Day



**TOWEL SLIDES - EVERSION**

While seated, use a towel and slide it with your foot across the floor in an outward direction. Be sure to keep your heel in contact with the floor the entire time.

Video # VVYD3YUZR

**Repeat** 6 Times  
**Hold** 1 Second  
**Complete** 4 Sets  
**Perform** 2 Times a Day

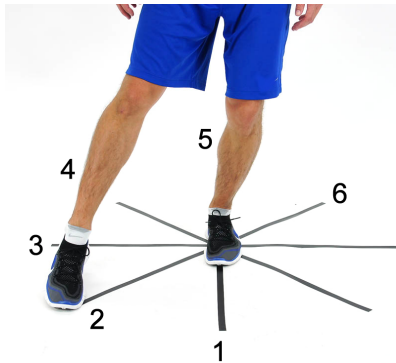


### MARBLE PICK UPS

Place several marbles, dice or other small items on the floor and pick them up using your toes as shown. Place them in a cup or bowl and repeat.

Video # VVM5XBF2J

**Repeat** 1 Time  
**Hold** 1 Second  
**Complete** 3 Sets  
**Perform** 1 Times a Day



### SINGLE LEG STANCE - CLOCKS

Start by standing on one leg and maintain your balance. Image a clock on the floor where your stance leg is in the center.

Then, lightly touch position 1 as illustrated with your non-stance foot. Then return that leg to the starting position.

Next, touch position 2 and return. Continue this all the way to position 6.

Maintain a slightly bent knee on the stance side.

Perform on both sides. 1 rep is the whole circle.

Video # VVSAM8NNY

**Repeat** 4 Times  
**Hold** 1 Second  
**Complete** 3 Sets  
**Perform** 1 Times a Day



### HEEL WALK

Raise up your toes and walk on your heels.

Take few steps forward and then a few steps backwards.

Video # VVJYQ8XFR

**Repeat** 6 Times  
**Hold** 1 Second  
**Complete** 2 Sets  
**Perform** 1 Times a Day



### TOE WALK

Raise up your heels and walk on your toes.

Take few steps forward and then a few steps backwards.

Video # VV4HTB973

**Repeat** 6 Times  
**Hold** 1 Second  
**Complete** 2 Sets  
**Perform** 1 Times a Day



### STEP UP AND STEP DOWN - IPSILATERAL (SAME SIDE)

Start by standing in front of a step/step stool with both feet on the floor.

Step forward and up the step with your left leg. Push through your heel to lift your body weight up onto the step with the other leg.

Once both feet are on the step, step back down backward with the other leg first so that your left leg does the work to lower your body back down to the ground. Then return the left leg to the floor next to your other leg.

You may need something to hold on to for balance support.

Repeat this on both sides.

Video # VVU42XW9K

**Repeat** 8 Times  
**Hold** 1 Second  
**Complete** 3 Sets  
**Perform** 1 Times a Day



### STEP UP LATERAL

While standing next to a box or raised surface, step up and to the side on to the surface. Both feet should touch the raised surface. Then step down and onto the floor towards the same side that you started from.

Repeat on both sides. Make sure to push up through your heel.

Video # VVAWKDKCN

**Repeat** 8 Times  
**Hold** 1 Second  
**Complete** 3 Sets  
**Perform** 1 Times a Day



### BALL STM - PLANTAR FASCIA

While seated, place a small ball under the arch of 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.

Video # VVL4SK43G

**Repeat** 1 Time  
**Hold** 45 Seconds  
**Complete** 2 Sets  
**Perform** 3 Times a Day



### STANDING CALF STRETCHES

(1) Gastrocnemius Stretch: Keep back leg straight and heel on floor, lean into wall until a stretch is felt in calf. Hold for 30 seconds.

(2) Soleus Stretch: Keep back leg slightly bent at the knee and keep heel flat on floor. Lean into wall until stretch is felt in lower calf. Hold for 30 seconds.

(3) Repeat on other leg.

**Repeat** 3 Times  
**Hold** 30 Seconds  
**Perform** 1 Times a Day