



ELASTIC BAND PLANTARFLEXION - SEATED

While seated, use an elastic band attached to your foot and press your foot downward and forward.

Be sure to keep your heel in contact with the floor the entire time.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 1 Time(s) a Day



ELASTIC BAND EVERSION - SEATED

Using an elastic band attached to your foot, hook it under your opposite foot and up to your hand.

Next, draw the band outwards to the side.

Be sure to keep your heel in contact with the floor the entire time.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 1 Time(s) a Day



ELASTIC BAND DORSIFLEXION - SEATED

While seated, use an elastic band attached to your foot and draw your foot upward.

Be sure to keep your heel in contact with the floor the entire time.

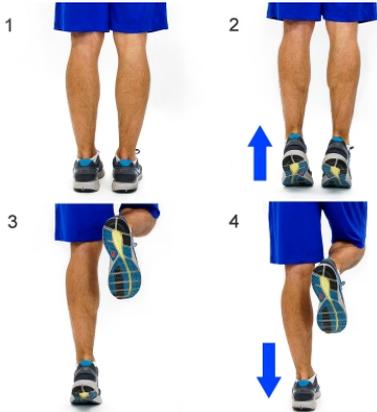
Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 1 Time(s) a Day



STANDING HEEL RAISES

While standing, raise up on your toes as you lift your heels off the ground.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 1 Time(s) a Day



ECCENTRIC HEEL RAISES

(1) While standing, raise up on your toes (2) as you lift your heels off the ground.

(3) Next, shift weight onto the affected side.

Then, (4) lower your heel back down.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 1 Time(s) a Day

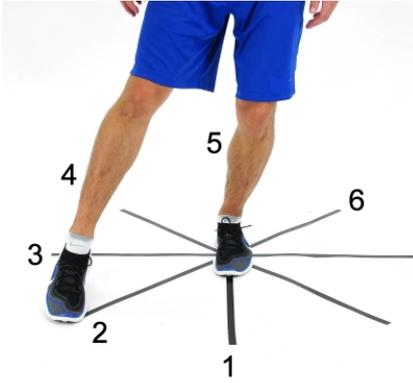


Single Leg Stance On Pillow

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 Time(s) a Day



SIGNLE LEG STANCE - CLOCKS

Start by standing affected 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.

Repeat 3 Times
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day



SINGLE LEG DEAD LIFT

While standing on one leg, bend forward towards touching the ground as you extend your leg behind you. Then return to the original position.

Keep your legs straight and maintain your balance the entire time.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 1 Time(s) a Day