

STEP 1



STEP 2



### Gastroc Stretch on Wall

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

#### Setup

Setup Directions

#### Movement

Begin in a standing upright position in front of a wall.

#### Tip

Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

STEP 1



STEP 2



### Soleus Stretch on Wall

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

#### Setup

Begin in a standing upright position in front of a wall.

#### Movement

Place your hands on the wall and extend one leg backward with your knee bent. Lean forward into the wall, until you feel a stretch in your lower calf and hold.

#### Tip

Make sure to keep your heels on the ground and back knee bent during the stretch.

STEP 1



STEP 2



### Half Kneel Ankle Dorsiflexion Self-Mobilization

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

#### Setup

Begin in a crouched position with the top of one foot flat on the floor and your other leg supporting your body.

#### Movement

Slowly shift your weight forward over your knee until you feel a gentle stretch in your foot.

#### Tip

Make sure to keep your back straight during the exercise and maintain your balance.

STEP 1



STEP 2



### Seated Plantar Fascia Mobilization with Small Ball

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

#### Setup

Begin sitting in a chair with your foot resting on a small ball.

#### Movement

Gently roll the middle of your foot forward and backward over the ball, in between the ball of your foot and your heel.

#### Tip

Make sure to use just enough pressure that you feel a stretch but no pain.

STEP 1



STEP 2



### Seated Plantar Fascia Stretch

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

#### Setup

Begin sitting in a chair with one leg crossed over your other knee. Use one hand to hold your ankle, and the other to hold your toes.

#### Movement

Gently pull your toes backward until you feel a stretch in the bottom of your foot and hold.

#### Tip

Make sure to keep the stretch slow and controlled.

STEP 1



STEP 2



### Seated Anterior Tibialis Stretch

**REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3**

**Setup**

Begin sitting upright on the edge of a chair with both feet flat on the floor.

**Movement**

Bring one foot backward under the chair and place the top of your toes on the ground. Gently press the top of your foot toward the ground until you feel a stretch in the front of your leg. Hold this position.

**Tip**

Make sure to keep your back straight and hips facing forward during the exercise.

STEP 1



STEP 2



### Seated Calf Stretch

**REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3**

**Setup**

Begin sitting upright in a chair.

**Movement**

Place one leg straight forward, then pull your foot towards your body until you feel a stretch in the back of your lower leg.

**Tip**

Make sure to keep your back straight during the stretch.

STEP 1



STEP 2



### Standing Gastroc Stretch on Foam 1/2 Roll

**REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3**

**Setup**

Begin in a standing upright position, with a half foam roll on the ground in front of you.

**Movement**

Place the front of one foot against the roll with your heel on the ground and your leg straight. Lean forward until you feel a stretch in your calf and hold.

**Tip**

Make sure to keep your knee straight and maintain an upright posture during the exercise.

STEP 1



STEP 2



### Standing Soleus Stretch on Foam 1/2 Roll

**REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3**

**Setup**

Begin in a standing upright position, with a half foam roll on the ground in front of you.

**Movement**

Place the front of one foot against the roll with your heel on the ground and your knee bent. Lean forward until you feel a stretch in your lower leg and hold.

**Tip**

Make sure to keep your knee bent and maintain an upright posture during the exercise.

STEP 1



STEP 2



### Tripod Calf Stretch

**REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3**

**Setup**

Begin on all fours. Lift yourself into a tripod position, tucking one ankle behind the other.

**Movement**

Slowly straighten your standing leg until your heel touches the ground. You should feel a stretch on the back of your ankle and calf. Hold this position. Then relax, and repeat.

**Tip**

Make sure to keep your heel on the ground and maintain your balance.