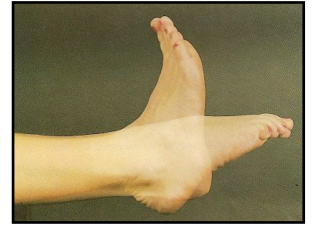
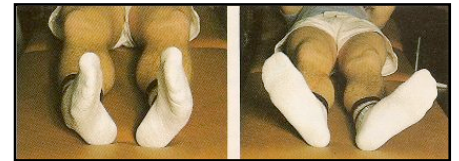


## Ankle and Foot

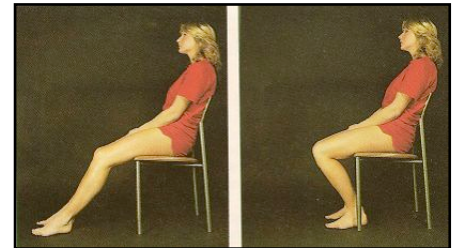
1. Flex and extend foot. Start with 1 set of 10. Work up to 3 sets of 10.
2. Rotate foot in a circular motion clockwise. Repeat going counterclockwise. Start with 1 set of 10. Work up to 3 sets of 10.



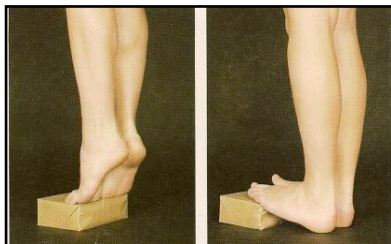
3. Try to touch the bottoms of your feet together and then extend them out. Start with 1 set of 10. Work up to 3 sets of 10.



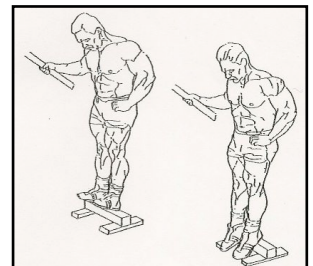
4. Sit in a chair and extend legs outward with feet flat on the floor. Slowly drag your feet towards you. When you feel your heels begin to come off the floor, stop and push your heels into the floor. Hold for about 10 seconds. Repeat 3 to 4 times.



5. Place a golf ball on the floor and GENTLY roll the ball along the bottom of your foot for about 1 to 2 minutes. DO NOT press hard. Let the ball do the work.
6. Scrunch your toes and extend them out. It's as if you were trying to pick up a pencil or marbles with your toes.



7. Stand with the balls of your feet on a step. Slowly raise and lower your heels above and below the step. Start with 1 set of 10. Work up to 3 sets of 10.



8. Stand with your heels on a step. Slowly raise and lower your toes above and below the step. Start with 1 set of 10 work your way up to 3 sets of 10.

