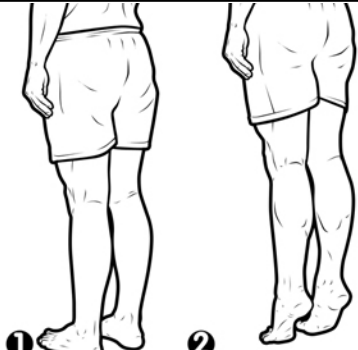


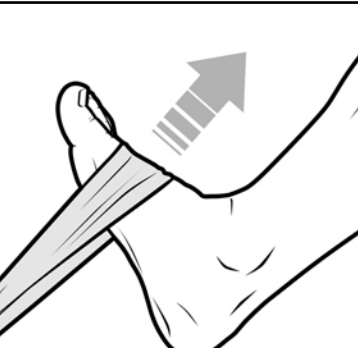
1 **2** **CHAIR ASSISTED CALF RAISES**
Standing behind a chair for support (1), slowly rise up onto your toes as far as you can (2). Slowly lower and repeat.

SETS & REPS: 1-3 x 10-20 FREQUENCY: 3-5 x week



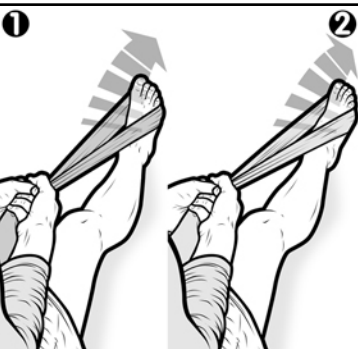
1 **2** **DOUBLE-LEG CALF RAISE**
Standing, slowly rise up onto your toes as far as you can (2). Slowly lower and repeat.

SETS & REPS: 3 x 10-12 FREQUENCY: Daily



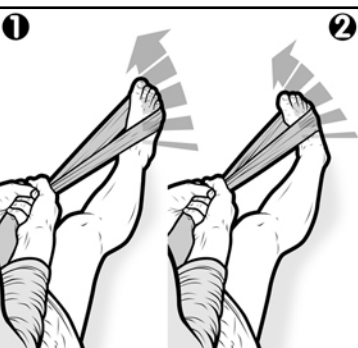
RESISTANCE BAND DORSIFLEXION
Attach a length of resistance band to a fixed object and loop around your foot. Starting with your foot pointed, pull your toes back towards you against the resistance. Slowly return to the start position and repeat.

SETS & REPS: 3 x 10-12 FREQUENCY: Daily



1 **2** **RESISTANCE BAND PLANTARFLEXION WITH EVERSION**
Grasp a length of resistance band, looped around your foot and pull your toes back towards you (1). Keep your leg still as you point your foot and turn it out against the resistance (2). Slowly return to the start position and repeat.

SETS & REPS: 3 x 10-12 FREQUENCY: Daily



1 **2** **RESISTANCE BAND PLANTARFLEXION WITH INVERSION**
Grasp a length of resistance band, looped around your foot and pull your toes back towards you (1). Keep your leg still as you point your foot and turn it inwards against the resistance (2). Slowly return to the start position and repeat.

SETS & REPS: 3 x 10-12 FREQUENCY: Daily