

Stretching Exercise Home Instructions

The Towel:

- 1- Sit on a chair with one of your legs up (toes pointing up)
- 2- Make sure your knee is not bent
- 3- Grab a towel and wrap around foot
- 4- Gently pull back and hold until you feel a pull on your calf
- 5- Once you feel the pull, hold for 20 seconds
- 6- Repeat 4x's on each leg, 3x's a day

The Stairs:

- 1- Stand on the bottom step with your heels hanging down (grab on to the railing)
- 2- Keep your knees locked
- 3- Keep doing that until you feel a pull on your calf
- 4- Once you feel the pull, hold for 20 seconds
- 5- Then rest, repeat 4x's and rest in between each set, 3x's a day

Toe Lifts:

- 1- Stand with your feet apart (shoulder width)
- 2- Go up and down on your toes without letting your heels touch the floor
- 3- Keep count of the exercise until you get tired.
- 4- Count how many you were able to do and do 70% of that
- 5- Do this exercise 3x's a day