

**ANKLE CIRCLES**

Move your ankle in a circular clockwise pattern for several repetitions and then repeat in the reverse counterclockwise direction.

Video # VV8255M9P

**Repeat** 1 Time  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 1 Times a Day

**TOWEL CURLS - TOWEL SCRUNCHES**

While seated, use a towel and draw it back towards you using your toes. Curl your toes inward. Be sure to keep your heel in contact with the floor the entire time.

Video # VVSSVNRG8

**Repeat** 1 Time  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 1 Times a Day

**ARCH LIFTS**

Start with your foot on the floor. Raise up the arch of your foot while maintaining your big toe, ball of your foot and heel on the floor the entire time.

Video # VV69K9V8V

**Repeat** 1 Time  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 1 Times a Day



### MARBLE PICK UPS

Place several marbles, dice or other small items on the floor and pick them up using your toes as shown. Place them in a cup or bowl and repeat.

Video # VVM5XBF2J

**Repeat** 1 Time  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 1 Times a Day



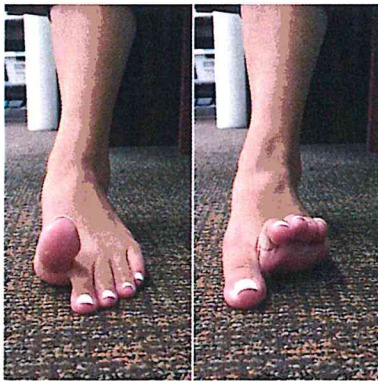
### BALL STM - PLANTAR FASCIA

While seated, place a small ball under the arch of your foot and press into it while rolling it around.

Use this form of self-soft tissue massage technique for the arch of the foot.

Video # VVL4SK43G

**Repeat** 1 Time  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 1 Times a Day

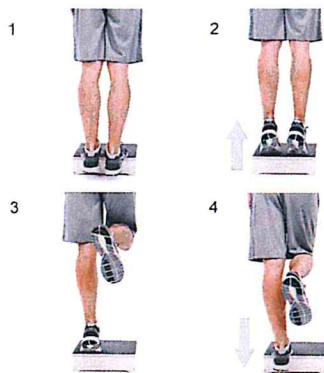


### Toe Series - Toe Yoga

Sit with knee stacked above ankle. Maintain the ball of the foot and heel on the floor the entire exercise.

1) Lift the big toe, keeping the little toes planted on the floor. 2) Lift the little toes, keeping the big toe planted on the floor.

**Repeat** 10 Times  
**Complete** 1 Set  
**Perform** 1 Times a Day



**ECCENTRIC HEEL RAISES - CALF RAISES - STEP - UNILATERAL**

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

(3) Next, bend the non-target leg.

Then, (4) lower your heel back down.

Video # VVNDQD4BK

**Repeat** 1 Time  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 1 Times a Day



**HEEL RAISE - CALF RAISE - STANDING BALL SQUEEZE**

Place a tennis ball or other small ball between your ankles/lower legs as shown. Hold it there using your legs and then raise up on your toes as you lift your heels off the ground. Lower back down and repeat.

Video # VV7DA7XAC

**Repeat** 1 Time  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 1 Times a Day



**TOE WALK**

Raise up your heels and walk on your toes.

Take few steps forward and then a few steps backwards.

Video # VV4HTB973

**Repeat** 1 Time  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 1 Times a Day