ANKLE / FOOT - 10 Toe Curl: Unilateral

With _left_ foot resting on towel, slowly bunch up towel by curling toes.
Repeat _10_ times per set. Do _2-3_ sets per session.
Do _1_ sessions per day.

ANKLE / FOOT - Plantar fascia stretch

Raise heel onto the ball of _left_ foot. Keep ball of foot on floor. **Hold 30 Seconds.**
Repeat _3_ times per set.
Do _1_ sessions per day.

HIP / KNEE - 41 Stretching: Gastroc

Stand with _left_ foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf.
Hold _30_ seconds.

Repeat _3_ times per set.
Do _1_ sessions per day.

HIP / KNEE - 42 Stretching: Soleus

Stand with _left_ foot back, both knees bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in lower calf.
Hold _30_ seconds.

Repeat _3_ times per set.
Do _1_ sessions per day.