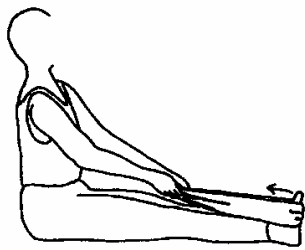
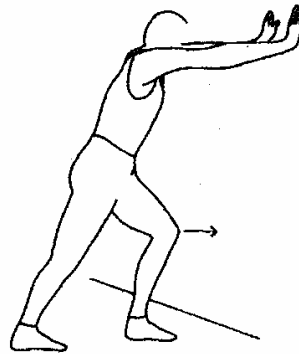


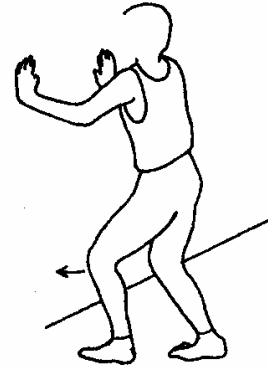
Ankle-Heel Exercises



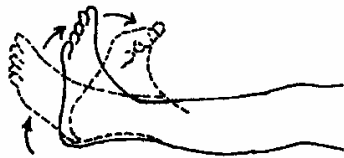
Towel stretch



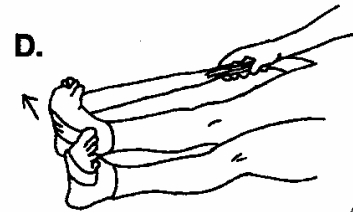
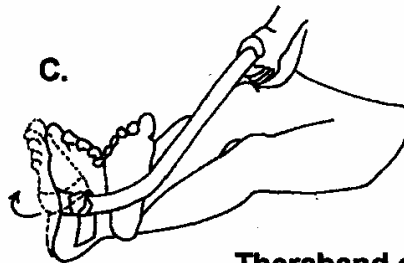
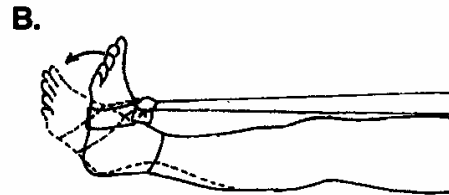
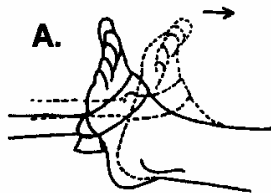
Standing calf stretch



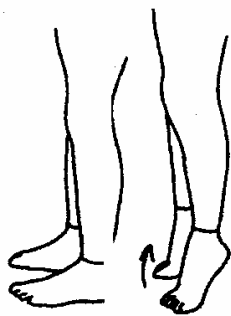
Standing soleus stretch



Ankle range of motion



Theraband exercises



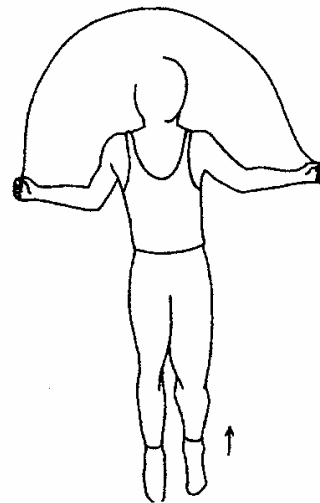
Heel raises



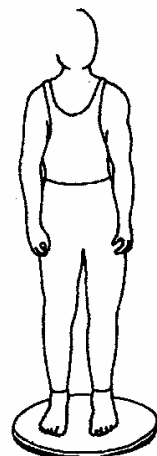
Toe raises



Single leg balance



Jump rope



Wobble board

