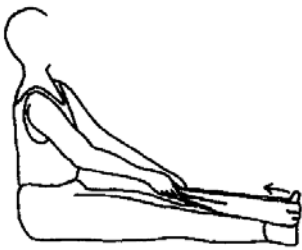
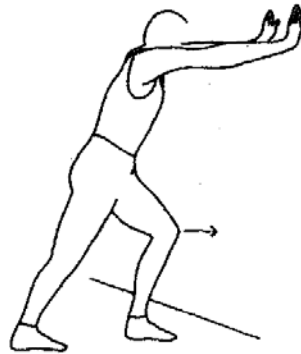


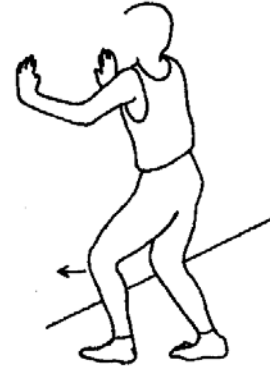
# Ankle-Heel Exercises



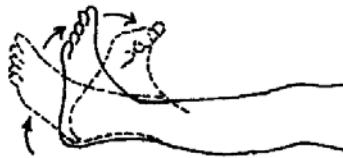
**Towel stretch**



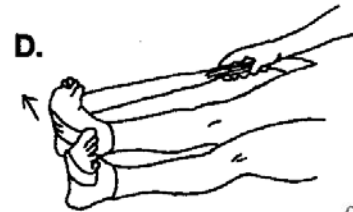
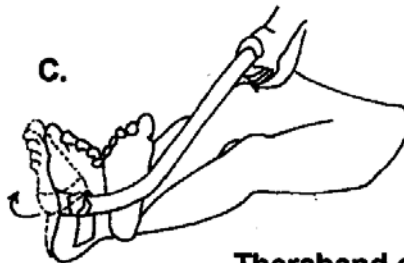
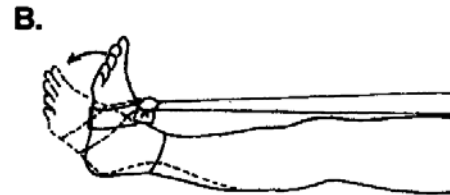
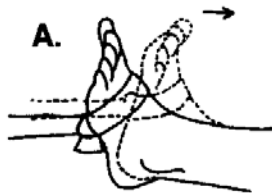
**Standing calf stretch**



**Standing soleus stretch**



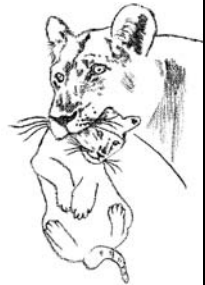
**Ankle range of motion**



**Theraband exercises**



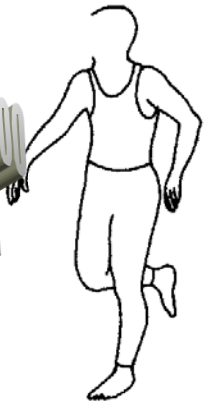
**Heel raises**



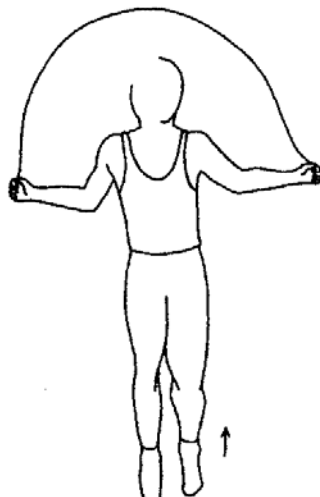
**Caring Family, SC 815 459-2200**  
**www.caringfamilysc.com**



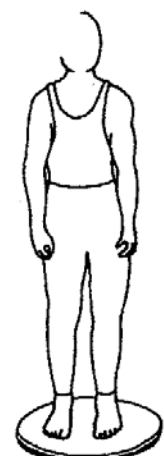
**Toe raises**



**Single leg balance**



**Jump rope**



**Wobble board**