



### 1: Ankle Pumps in Supine

- Lie on back with one leg bent, other leg straight
- On straight leg, point your toes up and down
- Keep back of thigh in contact with surface during motion
- Repeat as instructed

**Sets: 1 Reps: 10 Sessions: 2 Hold Time: 10**



### 2: Ankle Passive ROM: Dorsi-Flexion / Plantar-Flexion

- Grasp lower leg just above the ankle with one hand
- Grasp foot with opposite hand, using hand to flex and extend the foot and ankle
- Repeat as instructed

**Sets: 1 Reps: 10 Sessions: 2 Everyday Hold Time: 10**



### 3: Foot Rolls

- Sitting in chair, place tennis ball (or similar object) under foot
- Roll the ball forward and backward under your foot, applying pressure as tolerated
- Repeat as instructed

**Sets: 1 Reps: 10 Sessions: 2 Everyday Hold Time: 10**



### 4: Plantar Fascia Stretch Standing

- Place ball of foot and toes on edge of stair or step (or similar object)
- Slowly let heel drop down and stretch bottom of foot
- Hold as instructed

**Sets: 1 Reps: 10 Sessions: 2 Everyday Hold Time: 10**