

FOOT STRETCHES

Hold each pose for at least 30 seconds

POINT AND FLEX
10 REPS EACH DIRECTION



FOOT PRAYER
10 REPS



INNER ANKLE STRETCH
10 REPS



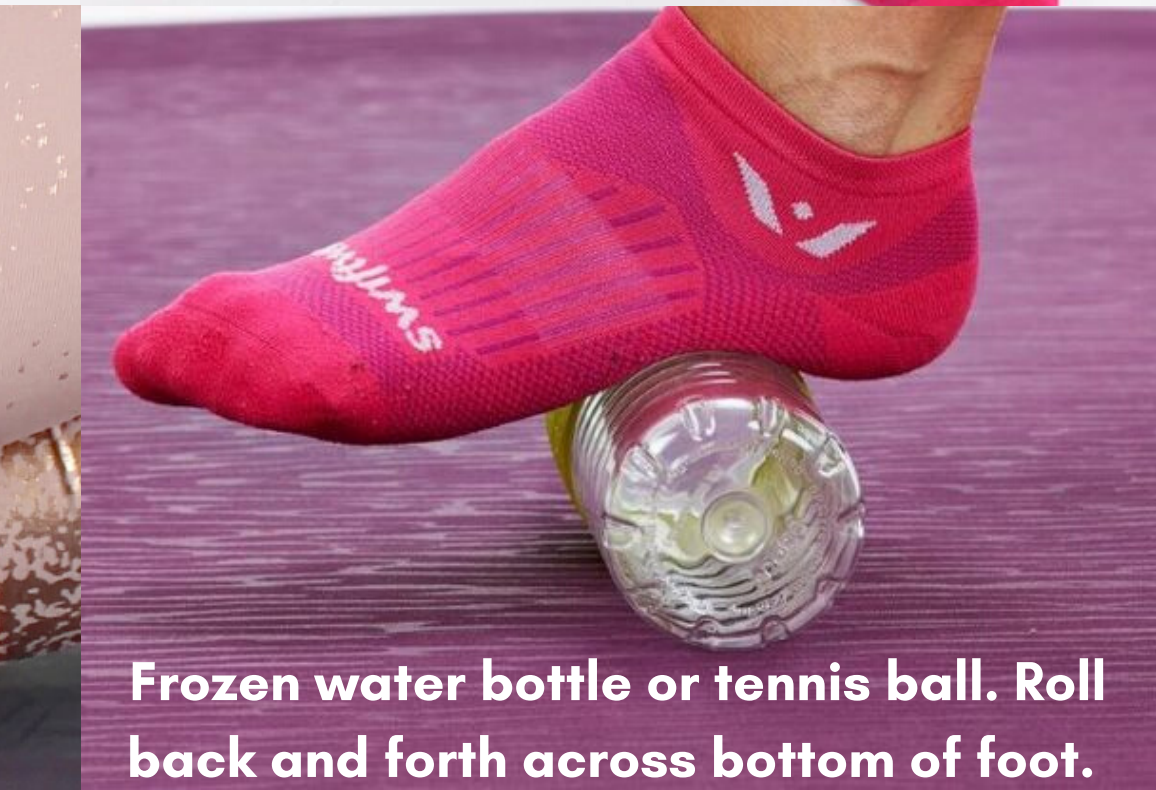
TOE CURLS
5 REPS



TOE SPREAD
5 REPS



STANDING TOE CURL
20 SEC



Frozen water bottle or tennis ball. Roll back and forth across bottom of foot.