HIP / KNEE - 63 Stretching: Calf - Towel

Sit with knee straight and towel looped around foot. Gently pull on towel until stretch is felt in calf. Hold 30 seconds.
Repeat 2 times per set. Do 2 sets per session. Do 2 sessions per day.

ANKLE / FOOT - 9 Ankle Alphabet

Using ankle and foot only, trace the letters of the alphabet. Perform A to Z.
Repeat 2 times per set. Do 1 set per session. Do 2 sessions per day.

ANKLE / FOOT - 16 Ankle Circles

Slowly rotate foot and ankle clockwise then counterclockwise. Gradually increase range of motion. Avoid pain.
Circle 5 times each direction per set. Do 2 sets per session. Do 2 sessions per day.

ANKLE / FOOT - 17 Ankle Pump

With leg elevated, gently flex and extend ankle. Move through full range of motion. Avoid pain.
Repeat 10 times per set. Do 2 sets per session. Do several sessions per day.

ANKLE / FOOT - 11 Toe Curl: Bilateral

With both feet resting on towel, slowly bunch up towel by curling toes. Hold 5 seconds.
Repeat 2 times per set. Do 2 sets per session. Do 1 session per day.