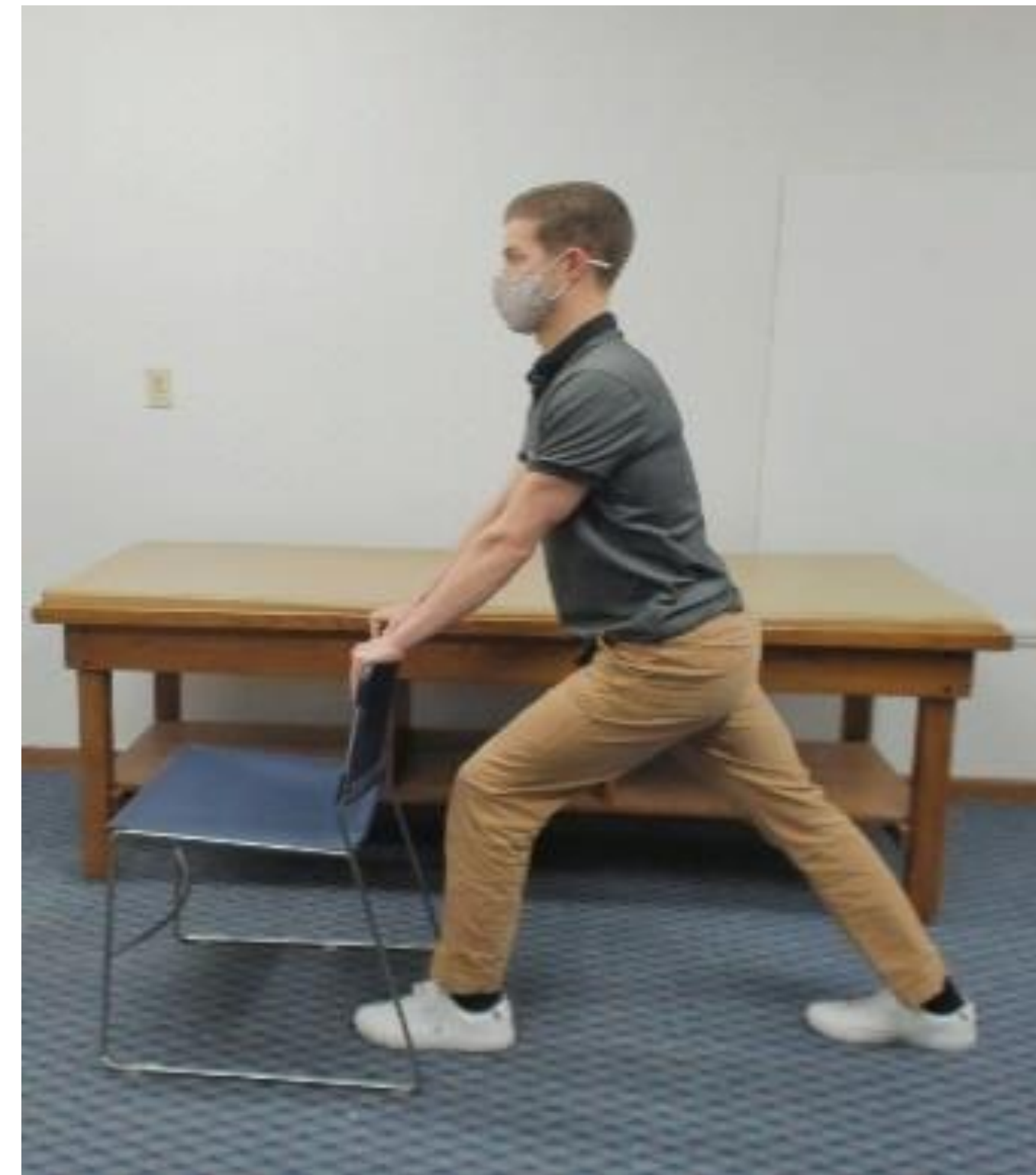


a. Standing Calf Stretch

[Video Link](#)

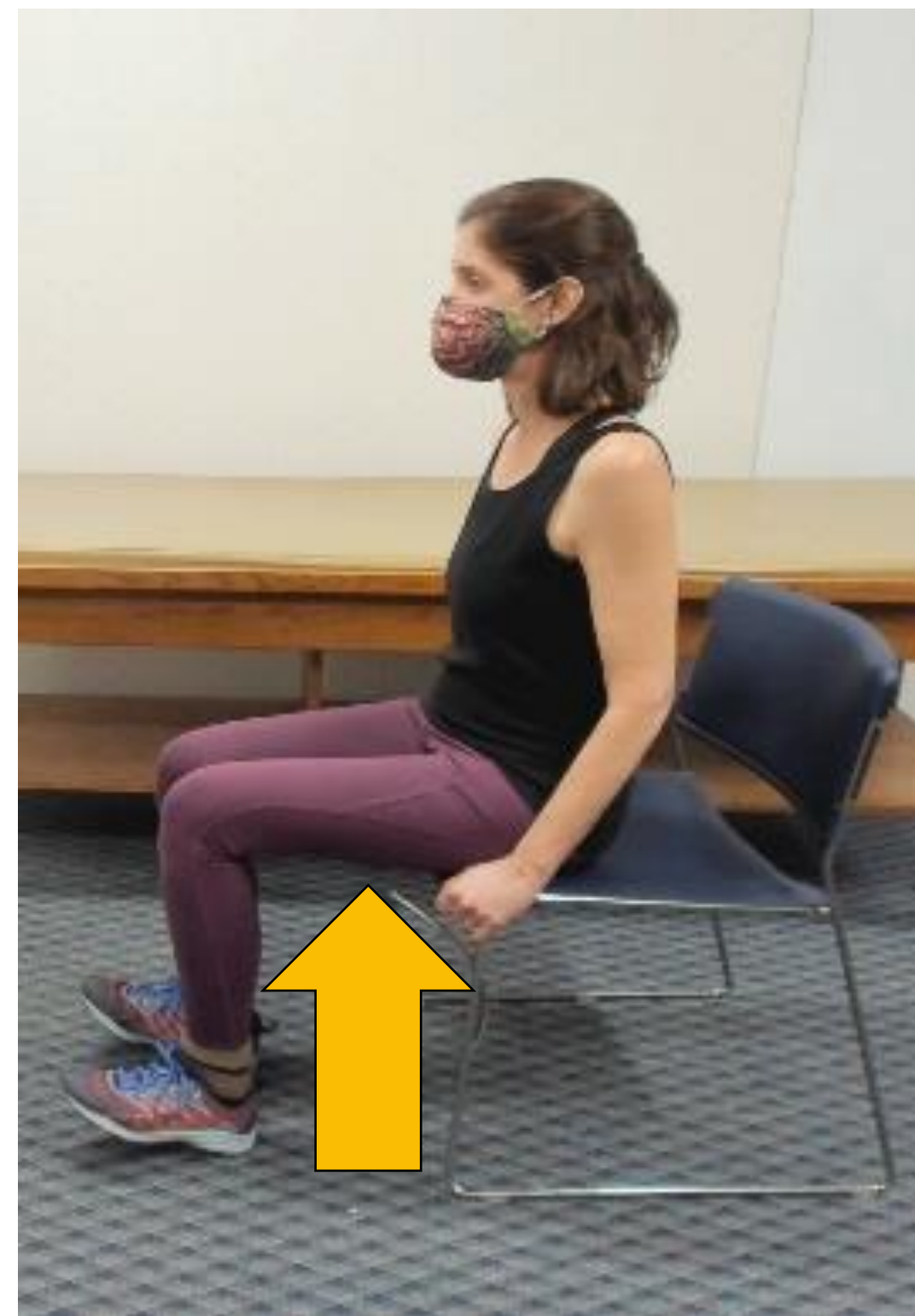
Begin in a standing position with your feet in a staggered stance, holding onto a stable surface for support. Keeping your back knee straight, push your hips forward. You will feel a stretch in the back of your lower leg. Make sure to keep both feet pointed straight forward and flat on the ground during the stretch.



b. Ankle Dorsiflexion in Seated

[Video Link](#)

Begin sitting upright on a chair with your feet flat on the floor. Raise your toes up off the floor. Make sure to keep your heels on the floor.



c. Ankle Dorsiflexion in Standing

[Video Link](#)

Begin standing next to a table or chair with your hands resting on the edge for support. Keeping your legs straight, slowly raise the balls of your feet off the ground as far as you can, then return them to the floor and repeat. Make sure to keep your heels in contact with the ground and maintain your balance during the exercise.

