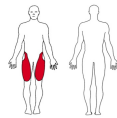
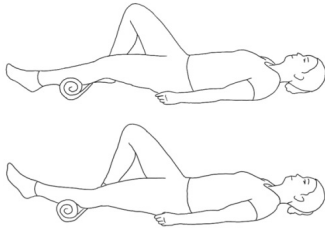


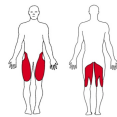
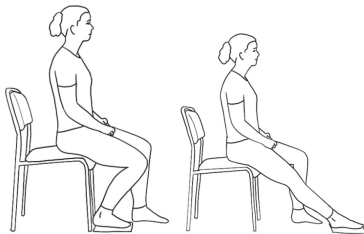
Ankle plantar and dorsal flexion

You can either lie or sit down. Bend and stretch your ankle as much as possible.



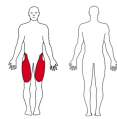
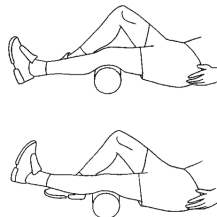
Lying leg extension w/pillow

Lie on your back with a pillow or a rolled up towel underneath your lower leg. Contract your thigh and press your knee towards the floor. Hold a given amount of seconds, release and repeat.



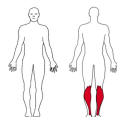
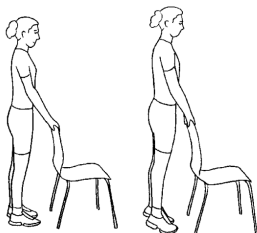
Sitting knee flexion w/cloth

Sit on a chair and place a cloth, or something similar, under the foot. Bend the knee by pulling the foot underneath you as much as possible. Hold the position for 20 seconds before pushing your foot out again till your knee is straight. The heel should be in contact with the floor throughout the movement.



Leg extension on bolster

Put a bolster, a rolled-up towel or similar under your knee. Rest your ham on the bolster. Flex your front thigh muscles, causing the foot to be lifted off the mat and the knee to stretch maximally. Slowly lower back and repeat the exercise.



Standing small toe-lift w/ support

Stand behind a chair, resting your hands on the back of it. Get up on the toes of both your feet; your heel must be lifted off the mat. Slowly lower back to stand flat on your feet again.

