



### 1: Towel Scrunch

- Place foot on towel
- Slowly curl toes and scrunch towel
- Repeat as instructed

**Sets: 2 Reps: 10**



### 2: Dorsi-Flexion / Toe Extension Mobilization Kneeling

- Kneel on one knee with towel or yoga mat
- Extend the toes on the same side
- Rock backwards until a stretch is felt in the ankle & foot
- Hold and repeat as instructed

**Sets: 1 Reps: 5 Hold Time: 20s**



### 3: Dorsi-Flexion Mobilization Sitting

- Sit in chair
- Slowly slide one foot backward and lean forward until a stretch is felt in the ankle
- Hold and repeat as instructed

**Sets: 2 Reps: 5 Hold Time: 20s**



### 4: Balance -- Single Leg Stance with Eyes Open

- Stand with arms extended out to side
- Have a chair or wall nearby for support in case you wobble
- Lift hip and knee of one leg to 90 degrees
- Head facing forward and eyes open
- Hold as instructed
- As you practice, you will be able to increase the hold time, working up to 30 seconds

**Sets: 1 Reps: 3 Hold Time: 30s**