
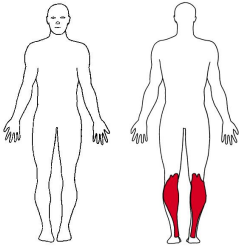

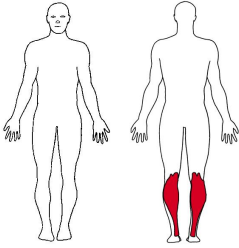

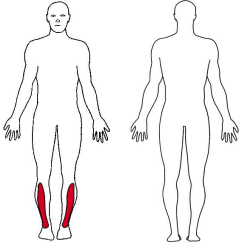

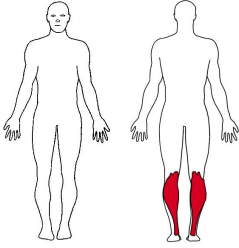


## Ankle Stretching

Exercise	Illustration	Focus	Exercise data	Comments
1 - Calf 1				Stand inclined facing a wall with one leg bent and the other leg stretched in extension of your body. Keep your heel on the floor and push your hip forward until you feel a stretch in your calf. Hold for 30 seconds and change legs.
2 - Calf 3				Stand leaning against the wall and put the sole of your foot against the wall with your heel on the floor. Keep your leg straight. Gently push your hip forward until you feel the back of your lower leg stretch. Hold for 30 seconds and change legs.  on one leg, supporting both hands on the wall. Bend your knee a little
3 - Ankle dorsal flexion				You can either lie or sit down. Bend as much as possible in your ankle. Try to hold the position for a few seconds.  The wrist is raised a bit and no joints are touching the surface.
4 - Ankle plantar flexion				You can either lie or sit down. Stretch your ankle as much as possible. Try to hold the position for a few seconds.  The wrist is raised a bit and no joints are touching the surface.



[See video of your exercises](#)