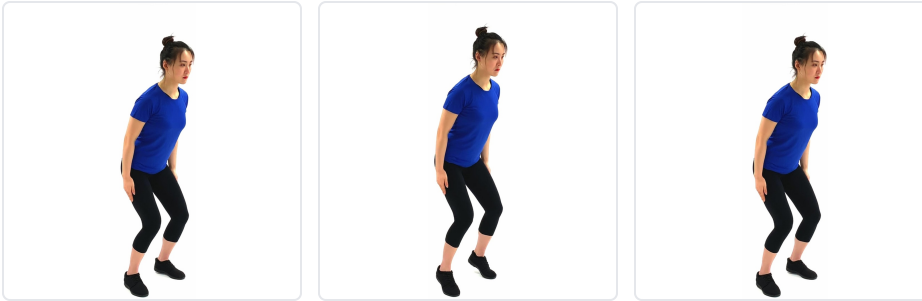


Walk 2 Run 2

Soleus Heel Raise From Floor



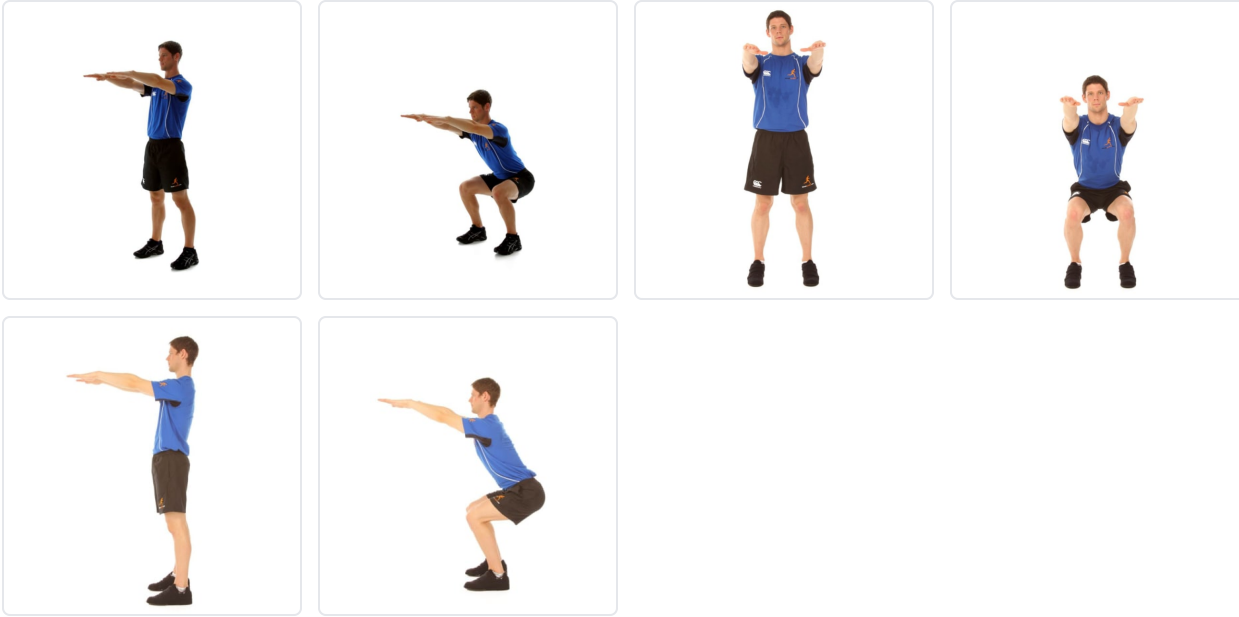
Description

- Stand holding onto a support for balance and bend the knees
- Keep the knees bent while raising the heels up from the floor
- Slowly lower the heels to the floor

Sets: 2

Reps: 12

Squat



Description

- Stand with your feet shoulder width apart and your arms outstretched
- Lower the hips back as though to sit on a chair
- Drive the hips forward and up to standing

Sets: 2

Reps: 12

Mud Walking Laterally



Description

- Wrap a resistance band around the forefoot and stand with the knees slightly bent
- Keep the body upright with minimal side leaning and step one leg out to the side against the resistance
- Follow this with the other leg in the same direction so that you walk laterally

Sets: 2

Reps: 10 steps each way

Hip Flexion Against Resistance Band in Standing



Description

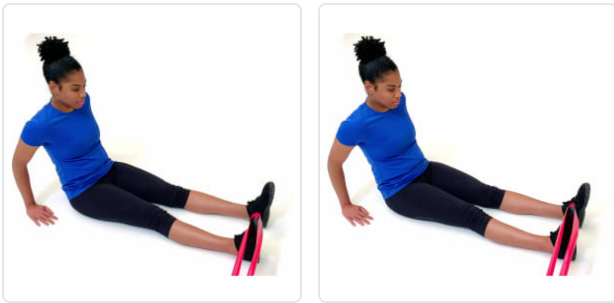
- Stand with a band wrapped around the ankle
- Stand on the other end of the band with your opposite foot
- Raise the knee up against the band as high as you can
- Lower the knee down

Sets: 2 per leg

Reps: 12

Tempo: 3 seconds up, 3 down

Supination Against Resistance Band



Description

- Place the foot on the floor with a resistance band pulling the foot out
- Turn the foot inwards against the resistance band
- Hold for the prescribed time then control the foot out

Sets: 2

Reps: 10

Time: hold for 10 seconds