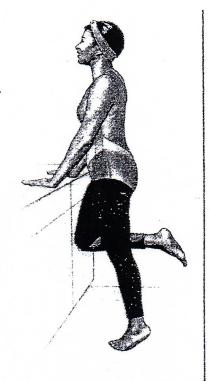
_ STANDING CALF RAISE

- 1 Stand, using a sturdy counter for balance only. Lift your _ ____ foot so you're standing on the other foot.
- 2 Kisc up on your toes, then lower back onto word livel.
- 3 Repeat 15 times.

 10 3 sets a day.



REVERSE CALF RAISE

- 1 Remove your shoes and socks. Then sit with your ____ heel on the edge of a phone book or block of wood.
- 2 Keeping your heel on the phone book or wood, raise the front of your foot as far as you can, then lower it back down.
- Repeat 5 times.
 Do 3 sets a day.



CAUTION

- * nece your back straight.
- · Don't lean on the counter.

CAUTION

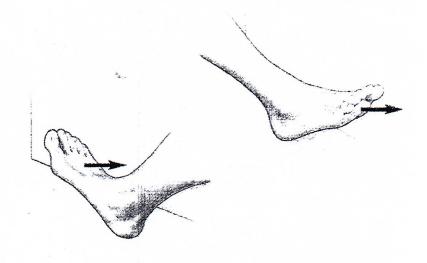
· Use a book or block no thicker than 3 inches.

I ISOMETRIC ANKLE EXERCISE

- I will may chair next to a wall, doorway, or sturdy gole or chair leg.
- with your heel on the ground, push the muside of your toot against the hard surface. Hold for 5 seconds. Repeat 15 times.
- 3 With your heel on the ground, push the inside of your foot against the hard surface. Hold for 5 seconds. Repeat 15 times.
- 4 10 3 sets a day.

CAUTION

* Fasti only with your foot, not with the rest of the leg.





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