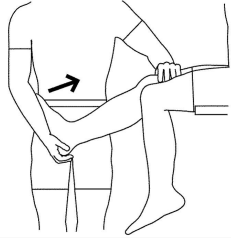


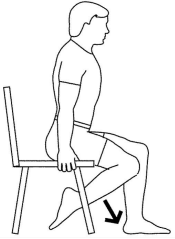
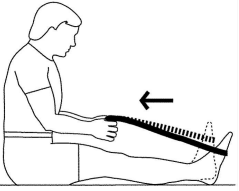
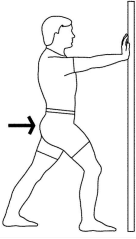
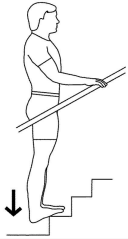
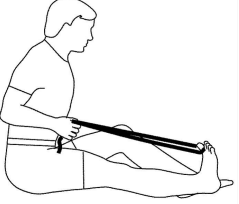
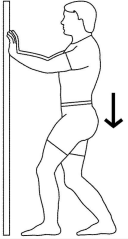


<p>Passive ankle up and down</p>  <p>Perform 1 set of 4 Repetitions, twice a day. Use Person. Hold exercise for 20 Seconds.</p>	<p>Sitting ankle down stretch</p>  <p>Perform 1 set of 4 Repetitions, twice a day. Use Towel. Hold exercise for 20 Seconds.</p>	<p>Sitting upward ankle stretch</p>  <p>Perform 1 set of 4 Repetitions, twice a day. Use Towel. Hold exercise for 20 Seconds.</p>
<p>Sitting ankle back stretch</p>  <p>Perform 1 set of 4 Repetitions, twice a day. Hold exercise for 20 Seconds.</p>	<p>Sitting Gastroc towel stretch</p>  <p>Perform 1 set of 4 Repetitions, twice a day. Use Towel. Hold exercise for 20 Seconds.</p>	<p>Runner stretch</p>  <p>Perform 1 set of 4 Repetitions, twice a day. Hold exercise for 20 Seconds.</p>
<p>Double Gastroc step stretch</p>  <p>Perform 1 set of 4 Repetitions, twice a day. Hold exercise for 20 Seconds.</p>	<p>Elastic toe stretch back</p>  <p>Perform 1 set of 4 Repetitions, twice a day. Use gray Elastic. Hold exercise for 20 Seconds.</p>	<p>Soleus stretch</p>  <p>Perform 1 set of 4 Repetitions, twice a day. Hold exercise for 20 Seconds.</p>

Issued By: Ben Neves 07960 329690

Signature: _____

These exercises are to be used only under the direction of a licensed, qualified professional.
Caution: User must wear suitable eye protection such as safety goggles during this exercise to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.