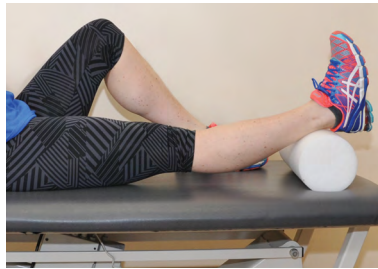


EXTENSION EXERCISES



Heel Props

- While sitting or lying down on your back, prop your heel of the affected leg up over a towel or roll, just beyond the lower calf.
- **Hold this position for 30 seconds. Repeat 2 to 3 times. Do about 4 to 6 sessions per day.**



Towel Pull

- Sit with the affected leg fully extended. Wrap a towel around your heel.
- Hold the ends of the towel with one hand. As you pull the towel toward you, try to lift your heel off the table slightly.
- Push down firmly on your thigh to help stabilize the leg.
- **Hold this position for 30 seconds. Repeat 2 to 3 times. Do about 4 to 6 sessions per day.**



Prone Hangs

- Lie on your stomach on a table or bed with your affected foot and ankle off the edge. With the other foot, stack your other foot on top of the affected heel to apply an additional stretch.
- **Hold this position for 30 seconds. Repeat 2 to 3 times. Do about 4 to 6 sessions per day.**

All stretches should be done in a comfortable environment and in a relaxed atmosphere. Positions should be held for one minute on each leg and then repeated on the opposite leg.