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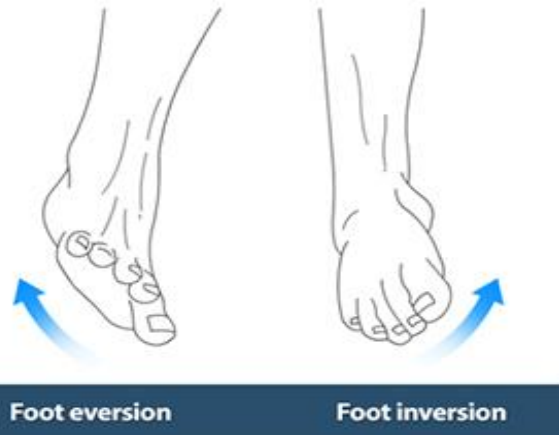
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Down and Out

Point big toe down and turn sole of foot out

- Hold for 2 seconds
- Repeat 10 times
- Do 3 times per day



Up and In

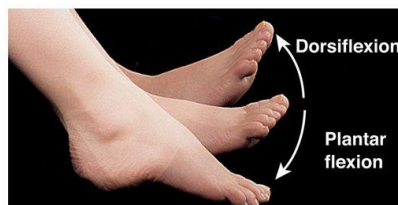
Turn foot in and pull up towards your knee

- Hold for 2 seconds
- Repeat 10 times
- Do 3 times per day

Joint Movements



Inversion and Eversion of the foot at the ankle



Dorsiflexion and Plantar flexion of the foot at the ankle