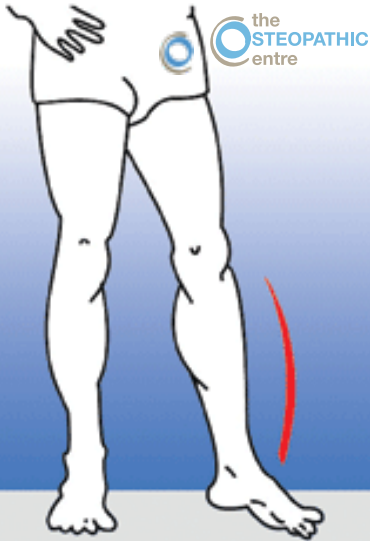


21



Peroneal Stretch:
Outside of Ankle and lower leg
Turn foot inwards

22



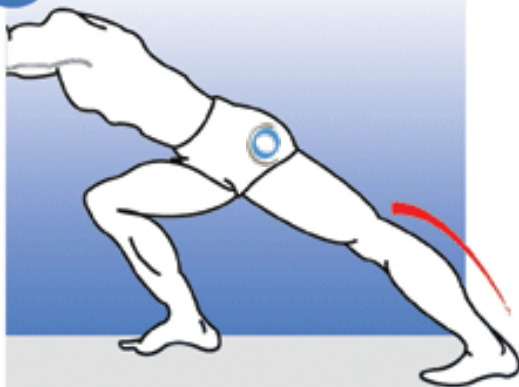
Plantar Fascia Stretch:
Base/ arch of foot

23



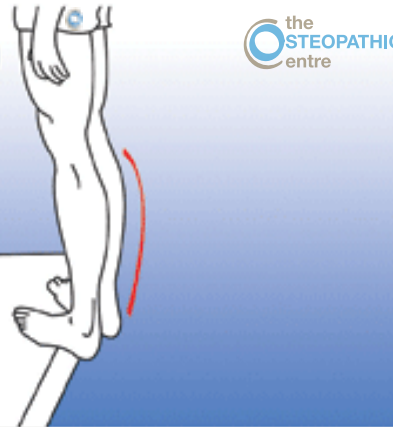
**Tibialis Anterior/
Anterior Ankle Capsule Stretch:**
Top of foot and front of
lower leg and ankle

24



Gastrocnemius Stretch:
Back of lower leg
Lean against wall

25



Gastrocnemius Stretch:
Back of lower leg

26



**Deep Muscle Compartment/
Tibialis Posterior Stretch:**
Lower portion- back of lower leg