

Dorsiflexion/Plantarflexion (Flexibility)



These exercises are for your right foot. Switch sides for your left foot.

1. Sit on a bed or the floor with your right leg out straight. Slightly bend your left knee.
2. Flex your right foot back, pushing your heel forward and pulling your toes toward you. This is dorsiflexion. Hold for 5 seconds.
3. Then move your foot in the opposite direction, pointing your foot and toes away from you. This is plantarflexion. Hold for 5 seconds.
4. Repeat 5 times.
5. To do the exercise with your left foot, straighten your left leg and slightly bend your right knee.



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