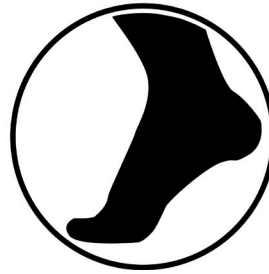


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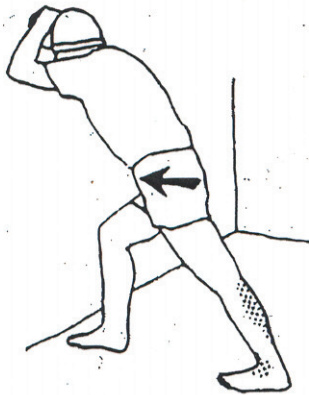


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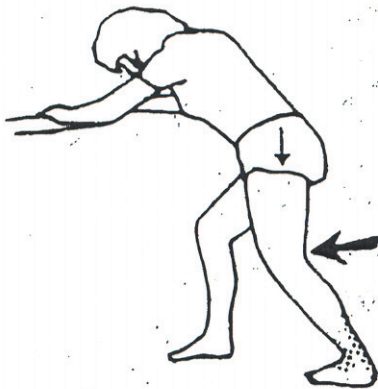
Do each stretch at morning, noon and night-- holding each one for 30 seconds.



Place the back of your heel on a tree, fence, table or large rock which is about waist high or at a comfortable height. You want to keep the leg that is raised straight, so don't use something that is too high. If you are at a track, a hurdle works well because it is usually adjustable in height. The leg on the ground should be slightly bent at the knee (1 inch,) with your foot pointed forward as in a proper running or walking position.



To stretch your calf, stand a little ways from a solid support and lean on it with your forearm, head resting on hands. Bend one leg and place your foot on the ground in front of you, with the other leg straight on the ground, with toes pointed straight ahead or slightly turned in as you hold the stretch. Hold an easy stretch for 30 seconds. Do not bounce. Stretch other leg.



To create a stretch for the calf and Achilles tendon, lower your hips downward as you slightly bend your knee. Be sure to keep your back flat. Your back foot should be slightly toed-in or straight ahead during the stretch. Keep your heel down. This stretch is good for developing ankle flexibility. Hold stretch for 25 seconds. The Achilles tendon area needs only a slight feeling of stretch.

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