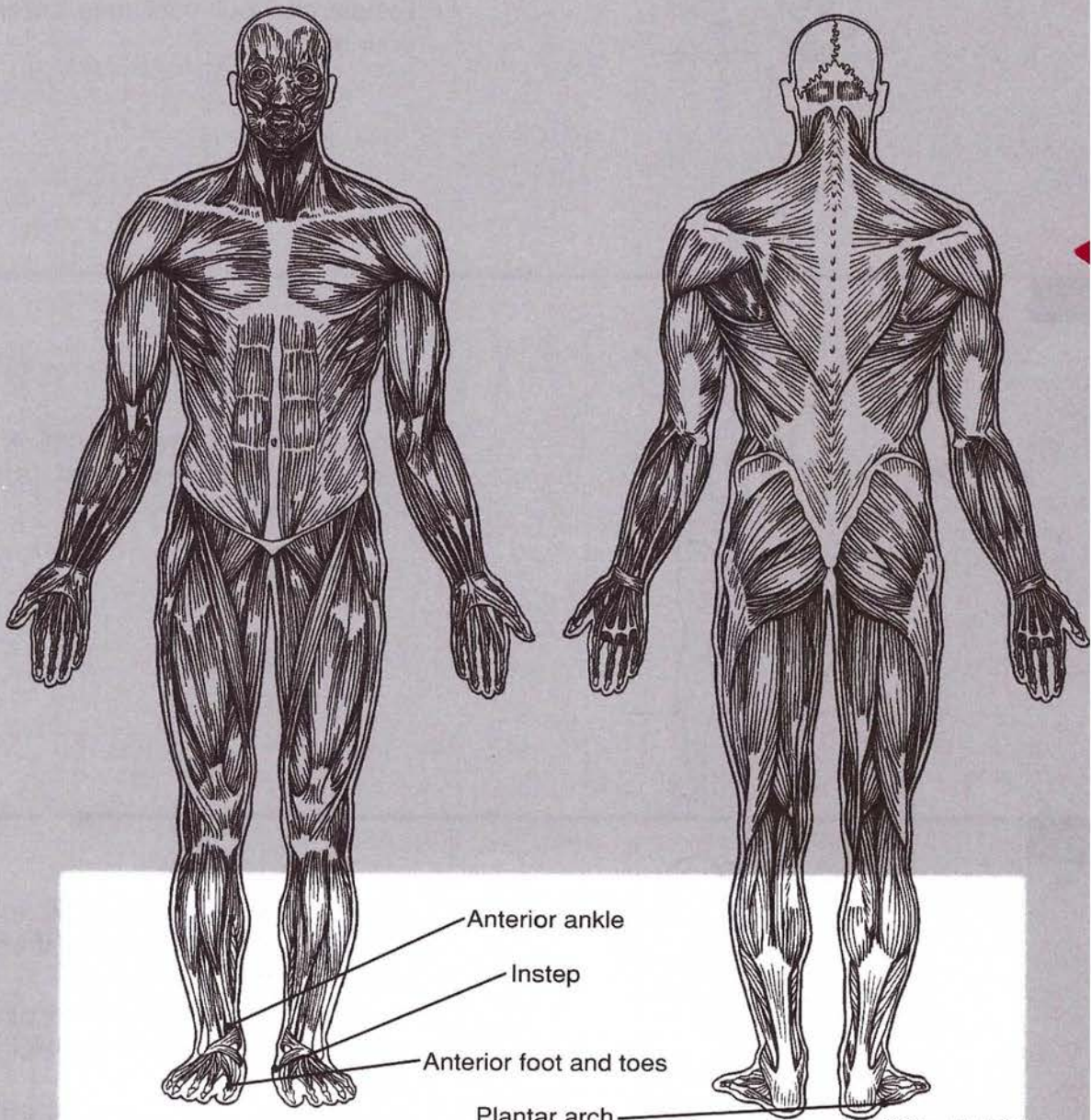


FEET AND ANKLES



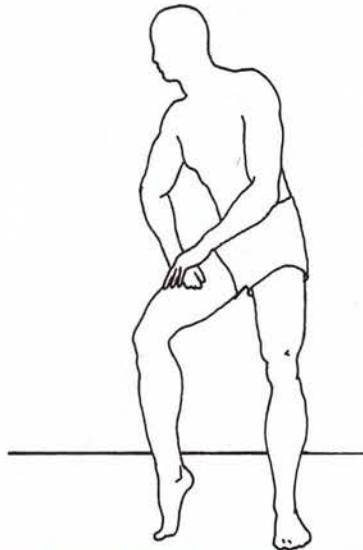
PLANTAR ARCH (SOLE OF FOOT)

1



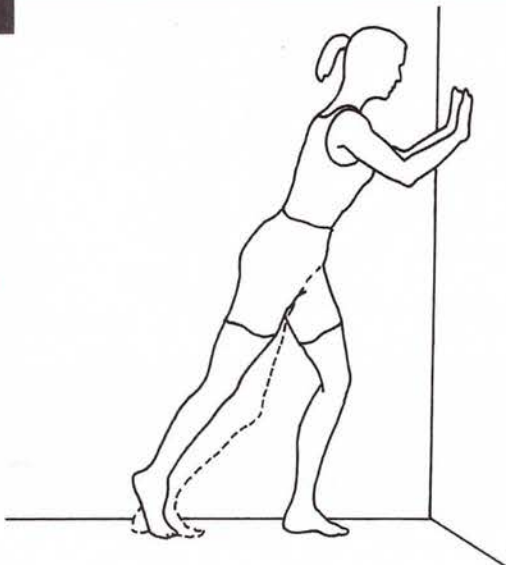
- With one leg crossed over the opposite knee, grasp your ankle with one hand and the underside of your toes and the ball of your foot with your other hand.
- Exhale and pull your toes toward your shins.

2



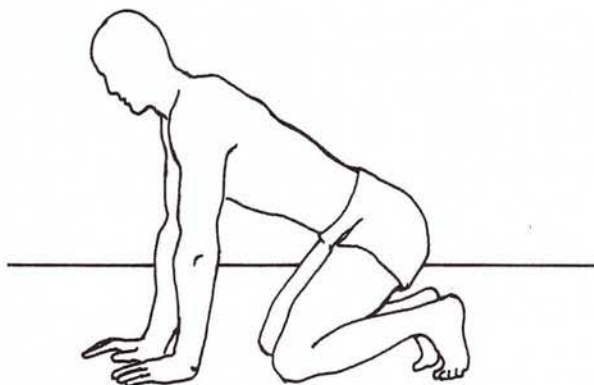
- Stand with one leg slightly in front of the other.
- Exhale, shift your weight onto the ball of your forward foot, and slowly press downward.

3



- Standing two to three steps from a wall, bend one leg forward and keep the other leg straight.
- Lean against the wall, keeping your rear foot flat and parallel to your hips.
- Exhale, raise your rear heel off the floor, shift your weight onto the ball of your rear foot, and press downward.

- Kneel on all fours with your toes underneath you.
- Exhale and lower your buttocks backward and downward.

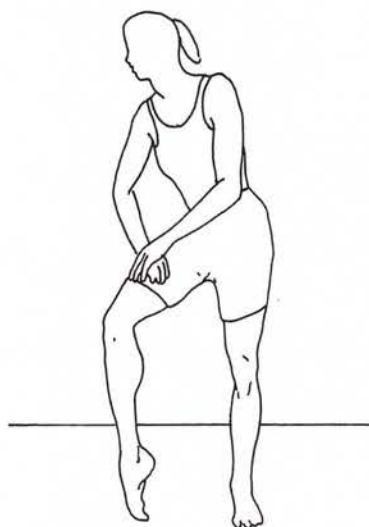


ANTERIOR FOOT AND TOES

- Sit with one leg crossed over the opposite knee. Grasp your leg above the ankle with one hand and the top of your foot with your other hand.
- Exhale and pull the bottom of your toes toward the ball of your foot.



- Standing with one leg slightly in front of the other, turn your forward foot under so the top of your toes contacts the floor.
- Exhale, shift your weight forward, and press your toes downward.



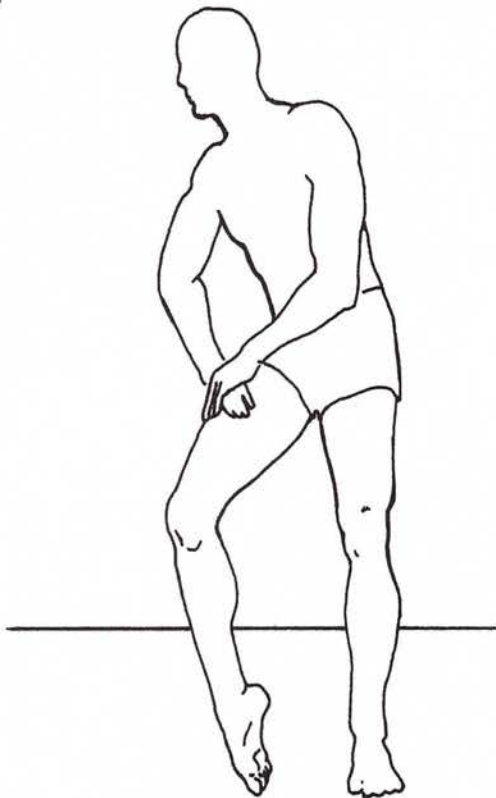
ANTERIOR ANKLE AND INSTEP

7



- Sit with one leg crossed over the opposite knee. Grasp your leg above the ankle with one hand and the top of your foot with your other hand.
- Exhale and pull the sole of your foot toward your body.

8



- Standing with one leg in front of the other, turn your forward foot under so the top rests on the floor.
- Exhale, shift your weight forward, and extend the ankle joint.

- Kneel with your shins and instep elevated by a cushion or folded mat and your toes pointing backward.
- Exhale and sit on the top of your heels (if you can).



Be sure your buttocks sit on top of your heels and not between your feet. The latter position is called *W sitting* and is bad for the knees. Do not do this stretch if you have knee problems.



- Sit with one leg crossed over the opposite knee. Grasp your leg above the ankle with one hand and the top outside of your foot with the other hand.
- Exhale and slowly invert your ankle (turn your ankle upward).

