



FOOT & ANKLE SPECIALISTS, P.C.

Specializing in Medicine and Surgery of the Foot & Ankle

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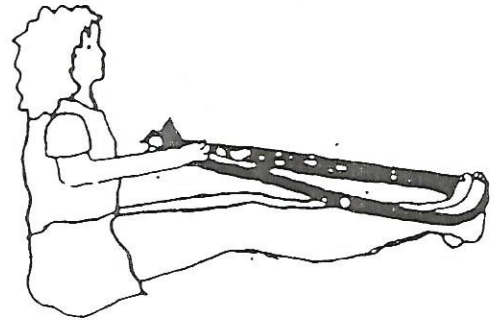
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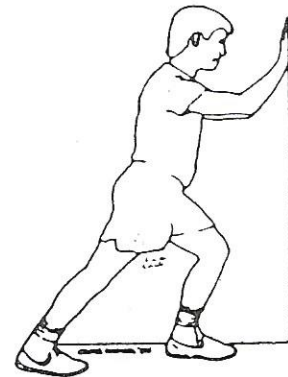
STRETCHING EXERCISES

DO ANY OF THESE STRETCHES 3 TIMES A DAY, 10 REPS EACH TIME

- A:
1. Sit down with your knee locked straight and in front of you.
 2. Put a belt or rolled towel around the ball of your foot.
 3. Pull the foot TOWARDS you & hold in a stretched position for 20-30 seconds and repeat 10 times.



- B:
1. Lean forward against a wall, keeping the knee straight, leg behind you while bending the other in front.
 2. The leg behind you is the one that will stretch.
 3. As you lean forward, you can feel pulling at the back of the foot; hold the stretched position for 20-30 seconds and repeat 10 times.



- C:
1. Stand on a step, hold on to the rail.
 2. Let the heel off the edge of the step slowly.
 3. As the heel goes lower, you can feel the stretch.
 4. Hold the position for 20-30 seconds and repeat 10 times.

