

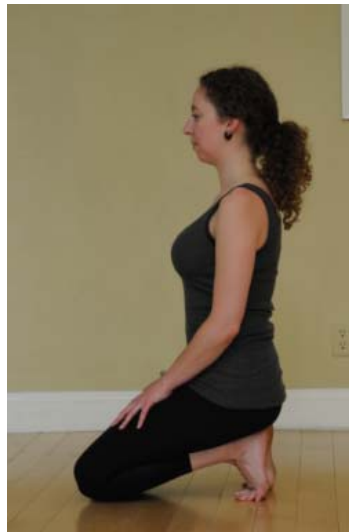
Extended Toe Stretch

1. Start on your hands and knees with your toes tucked on the floor. Slowly walk your hands backwards until you feel a good stretch in your toes and/or soles of your feet. Hold for 30-60 seconds. 2. If you need more of a stretch sit all the way back onto your feet. 3. Come back onto your hands and knees. Extend one leg back and reach your heel towards the floor to stretch calf and toes. Hold for 30 seconds then switch legs.

1.



2.



3.

