



Policeman

1. Lean Back on Heels (A) and forward (B) onto toes.
2. Repeat 10 times.
3. Repeat every 1-2 hrs.



Charlie Chaplin

1. Roll knees out (A) and back in (B) on ankles.
2. Repeat 10 times.
3. Repeat every 1-2 hrs.



Calf Stretch

1. Bend front knee and lunge forward onto a steady support.
2. Keeping back leg straight, until the stretch is felt in the back calf.
3. Hold for 20 secs minimum. **NO BOUNCING.**
4. Repeat every 1-2 hrs.



Plantar Flexion

1. Sit back on the **inside** of heels, stretching the outside of the ankle.
2. Hold for 20 secs.
3. Repeat every 1-2 hrs.