INSTRUCTIONS

1. ______________________________
2. ______________________________
3. ______________________________
4. ______________________________
5. ______________________________

Patient Name _______________________
Date _______________________
Procedure _______________________

HEEL CORD STRETCH

1. Lean against a wall with one knee locked and the other bent. You will feel a pull in your calf muscle.
2. Hold the stretch for 15 seconds & alternate the locking and bent knees.
3. Relax for 15 seconds & do 10 REPS.
4. Repeat this exercise 2-3 times a day.