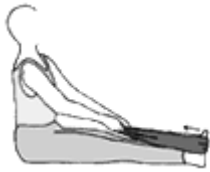


Fifth Meta Exercises



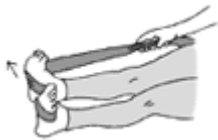
Towel-Stretch



Standing-Calf-Stretch



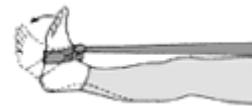
Standing-Soleus-Stretch



Resisted-Eversion



Resisted-Inversion



Resisted-Plantar-Flexion



Single-Leg-Balance



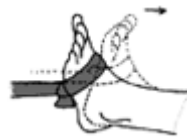
Heel-Raises



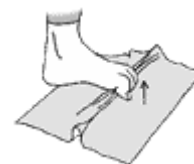
Toe-Raises



Ankle-Range-Of-Motion



Resisted-Dorsiflexion



Towel-Pickup