



## Gas Pedal

Target: ankle

Caution: Do not force your toes in either direction. Be aware that your calf may cramp when extending your toes. Be careful not to tip the chair over.

STARTING POSITION: Sit at the edge of a stable chair.

1. Extend your left leg straight out in front of you and lift it off the ground.
  2. Point your toes up and hold for several seconds.
  3. Extend your toes away from you and hold for several seconds.
- Repeat a comfortable number of times then switch sides.

