

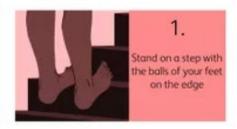
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ALFREDSON STRETCHING REGIMENT

How to Perform the Alfredson Protocol





2. Hold onto something stable for balance



3. Keep both knees straight



Using both feet, lift your heels and rise up onto the balls of your feet





6.
Slowly lower yourself down using your injured ankle



Return your non-injured foot to the step and repeat the exercise

7.