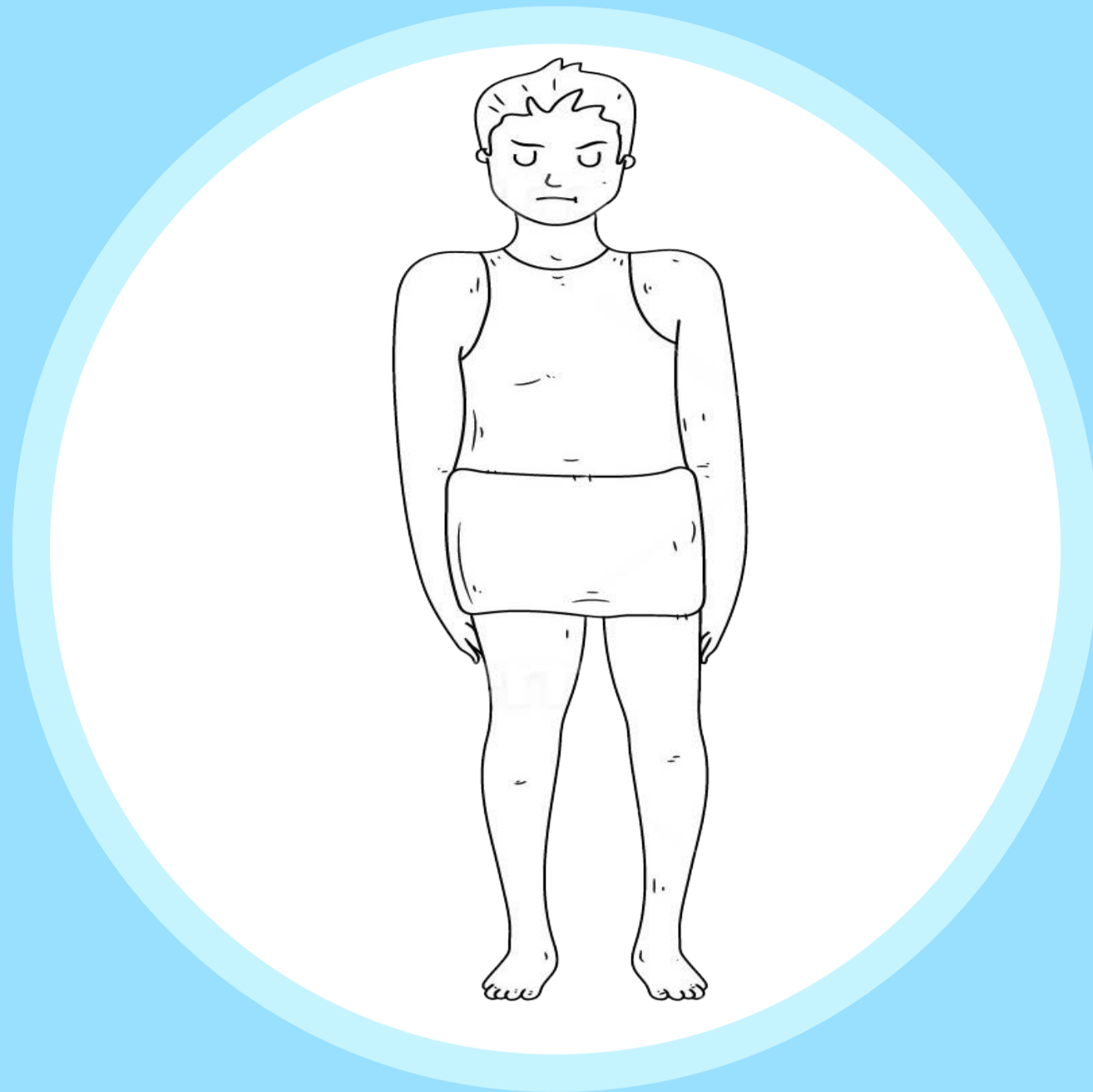


## Ankle and Foot\* (p. 1 of 9)



**Pada Bandha**  
(doming)



**Daṇḍāsana**  
(staff)



**Vīrāsana**  
(hero)



**Parivṛtta Pārsvakonāsana**  
(revolved side angle)



**Utthita Trikonāsana**  
(triangle)



**Pārsvakonāsana**  
(extended side angle)

\* Including flatfoot, heel pain, and spurs.

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## Ankle and Foot\* (p. 2 of 9)



Vīrabhadraṣana I  
(warrior one)



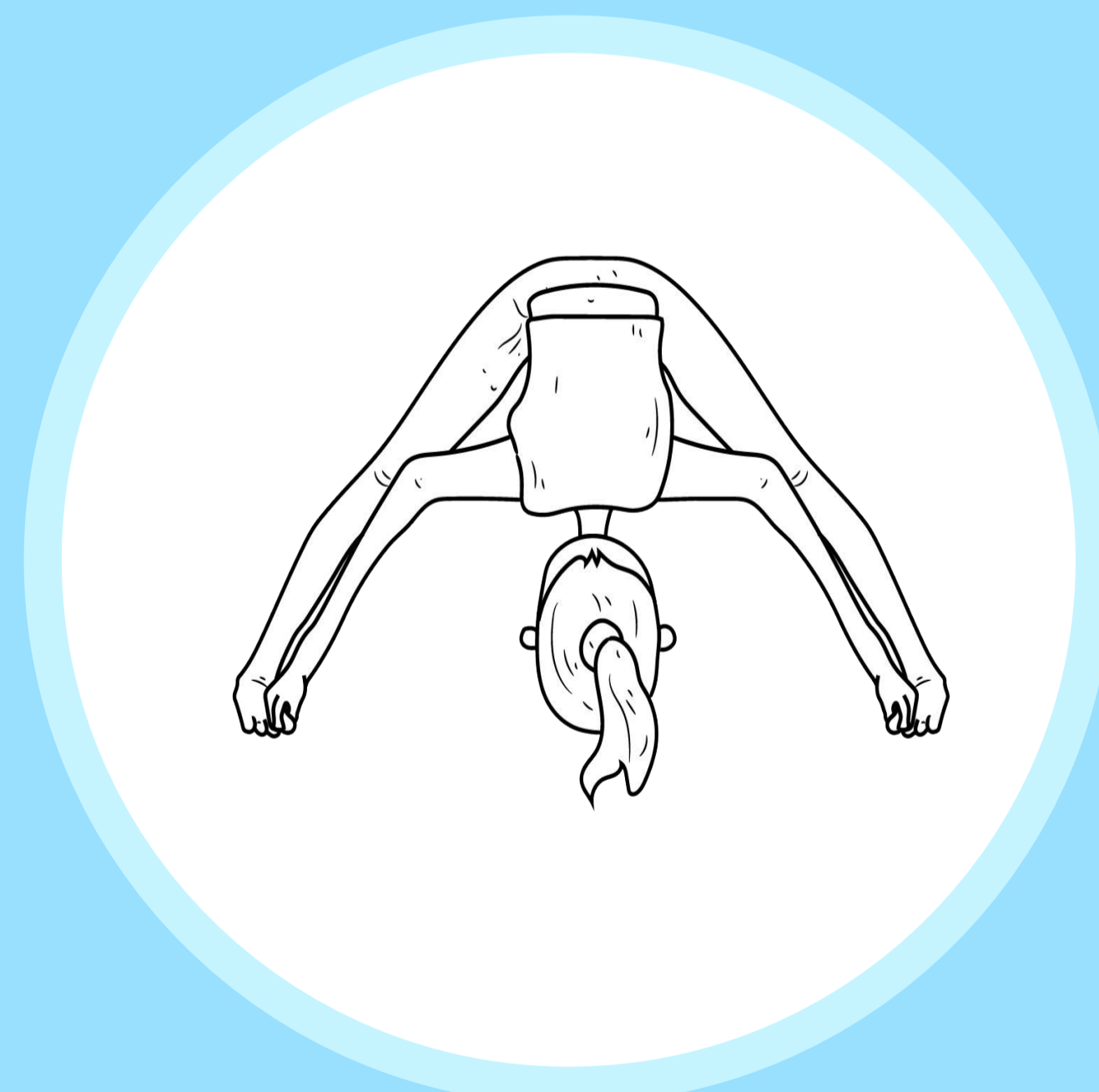
Vīrabhadraṣana II  
(warrior two)



Vīrabhadraṣana III  
(warrior three)



Pārsvottānāṣana  
(intense stretch)



Prasārita Pādottānāṣana  
(wide leg forward fold)



Adhomukha Śvānāṣana  
(downward dog)

\* Including flatfoot, heel pain, and spurs.

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## Ankle and Foot\* (p. 3 of 9)



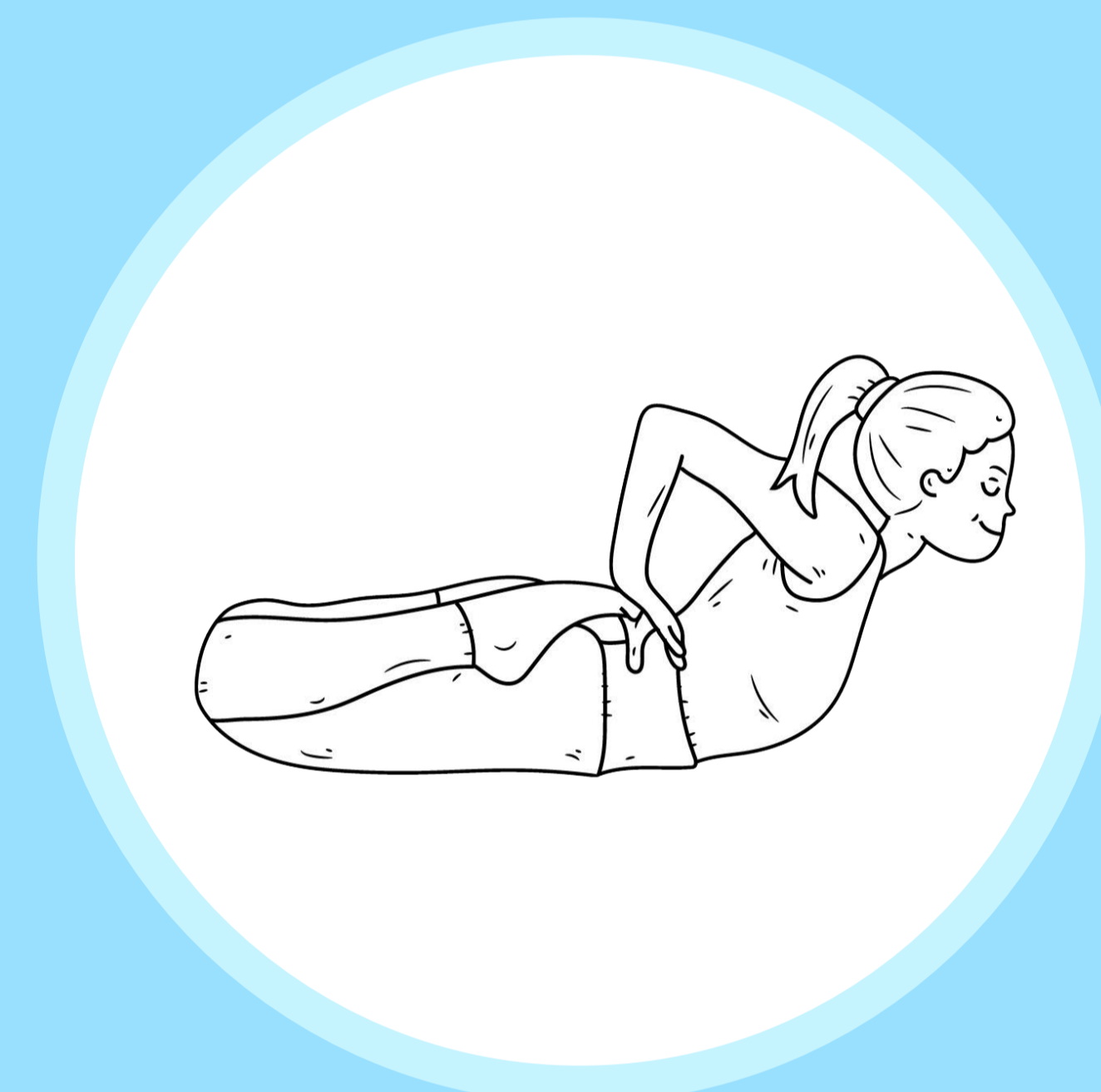
Gomukhāsana  
(cow face)



Magnesium



Supta Vīrāsana  
(reclined hero)



Bhekāsana  
(frog)



Baddha Padmāsana  
(bound lotus)



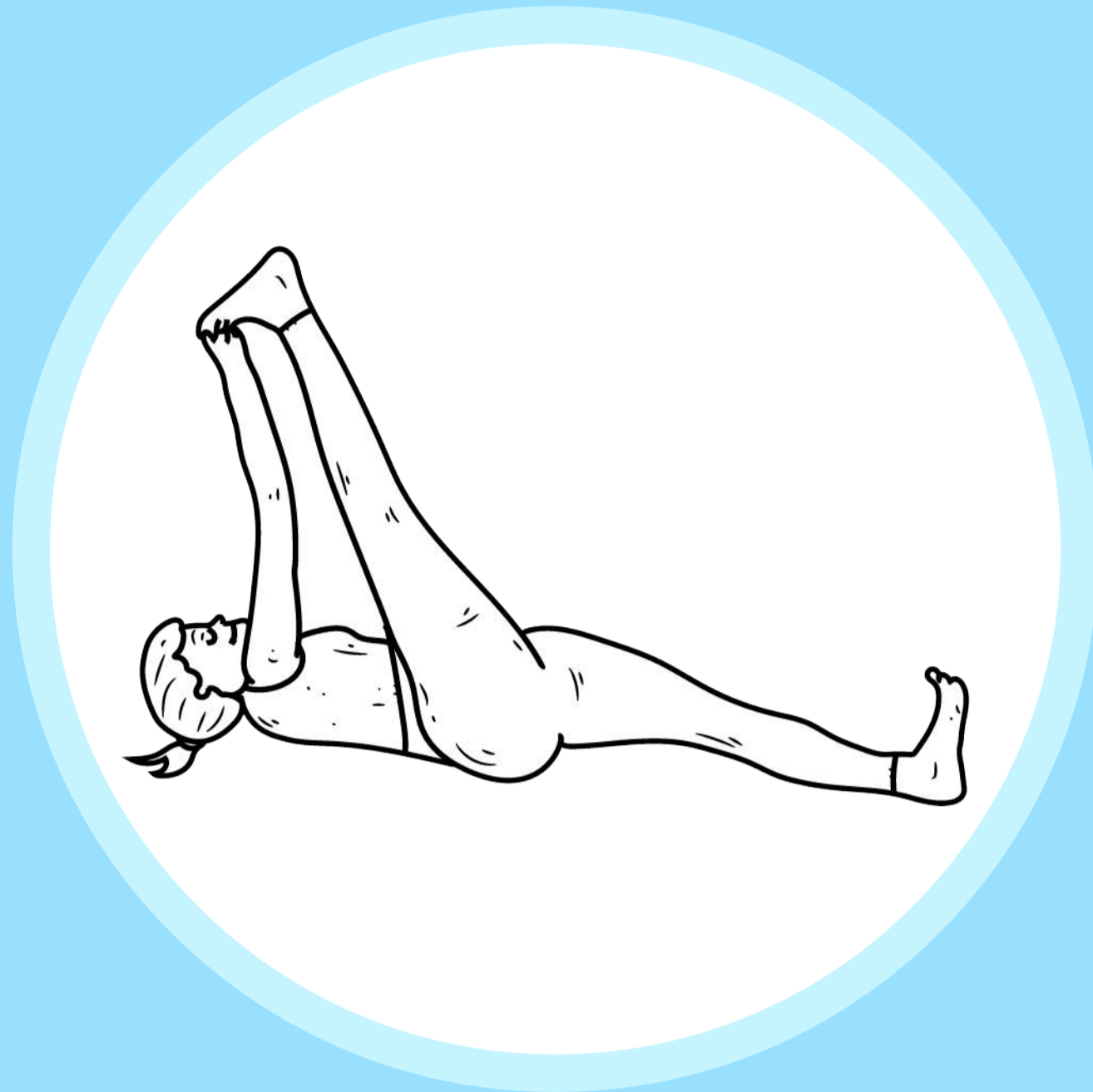
Baddha Konāsana  
(bound angle)

\* Including flatfoot, heel pain, and spurs.

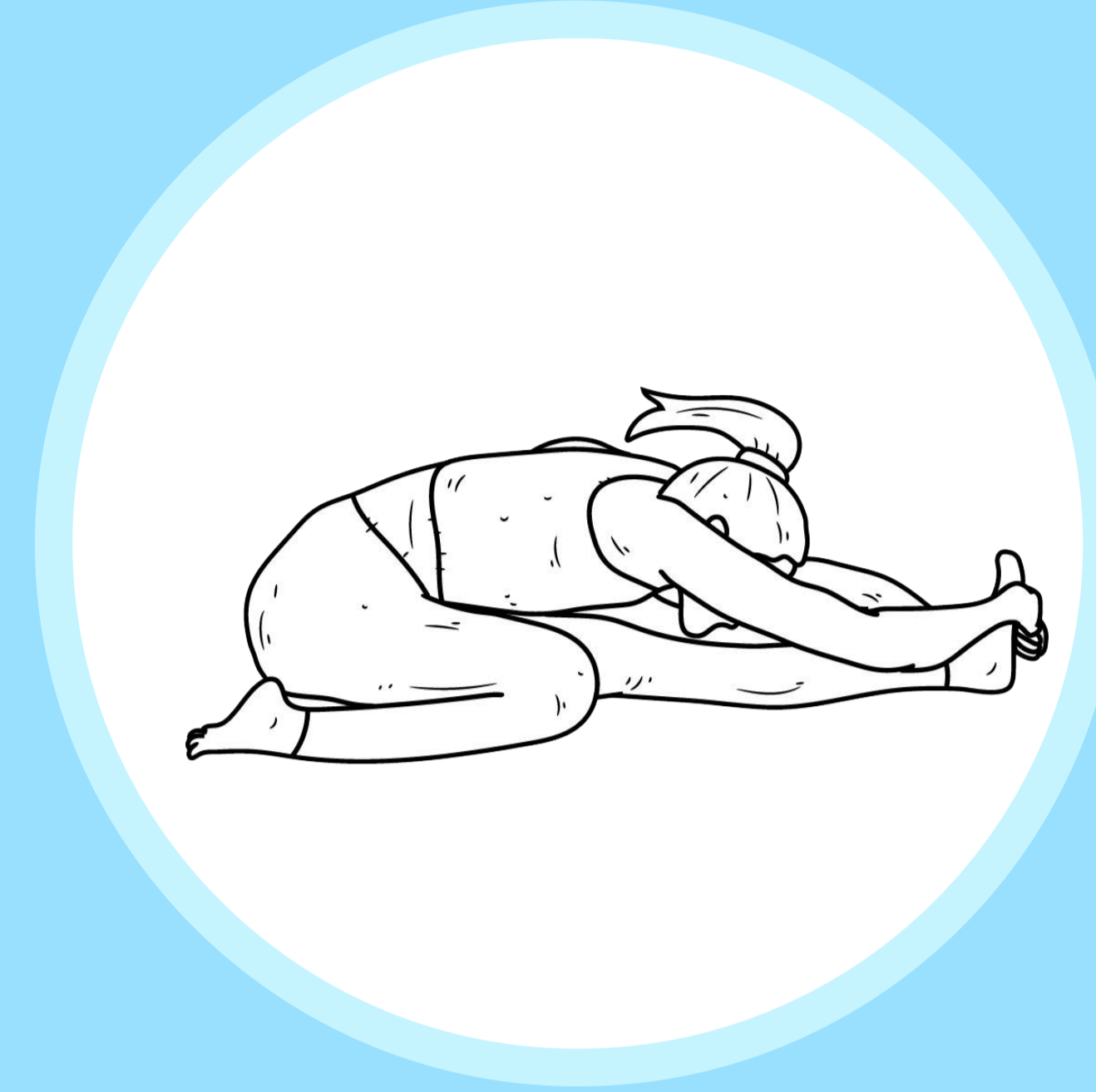
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## Ankle and Foot\* (p. 4 of 9)



Supta Pādānguṣṭhāsana  
(reclined big toe)



Mukhaikapāda Paschimottānāsana  
(one leg forward bend)



Krounchāsana  
(heron)



Bharadwājāsana I  
(father of drona)



Bharadwājāsana II  
(father of drona)



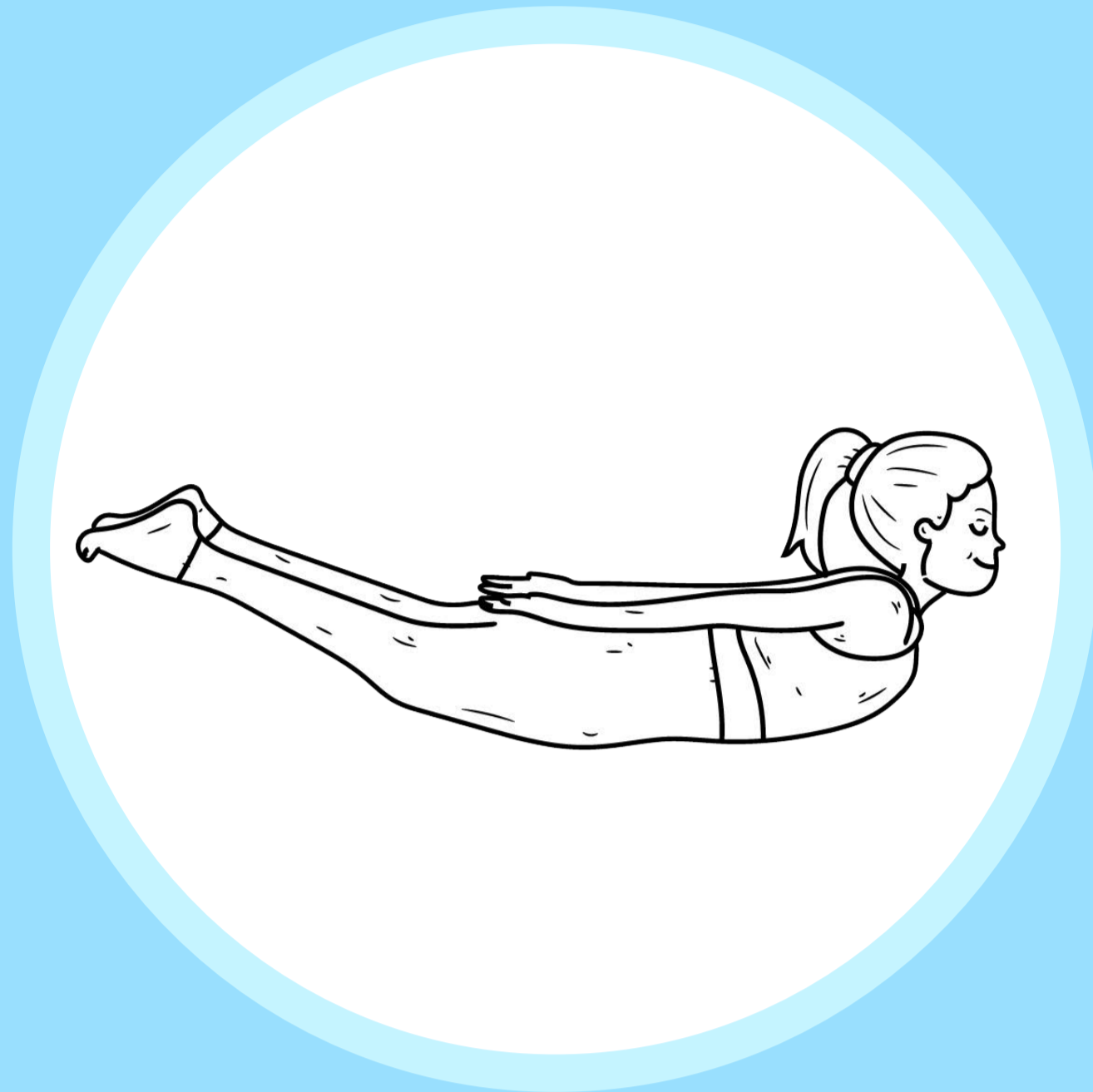
Ākarṇa Dhanurāsana  
(archer's pose)

\* Including flatfoot, heel pain, and spurs.

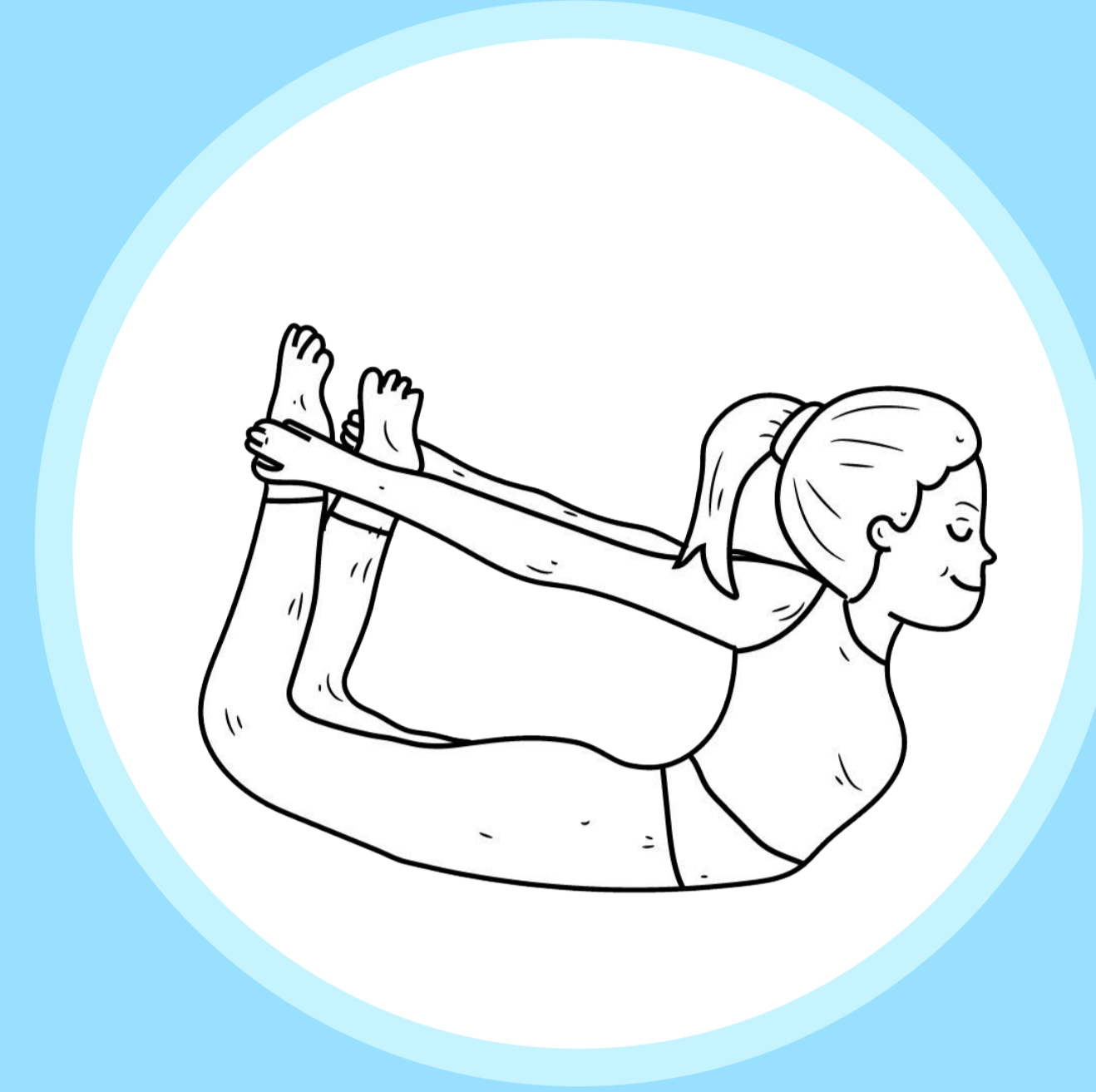
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## Ankle and Foot\* (p. 5 of 9)



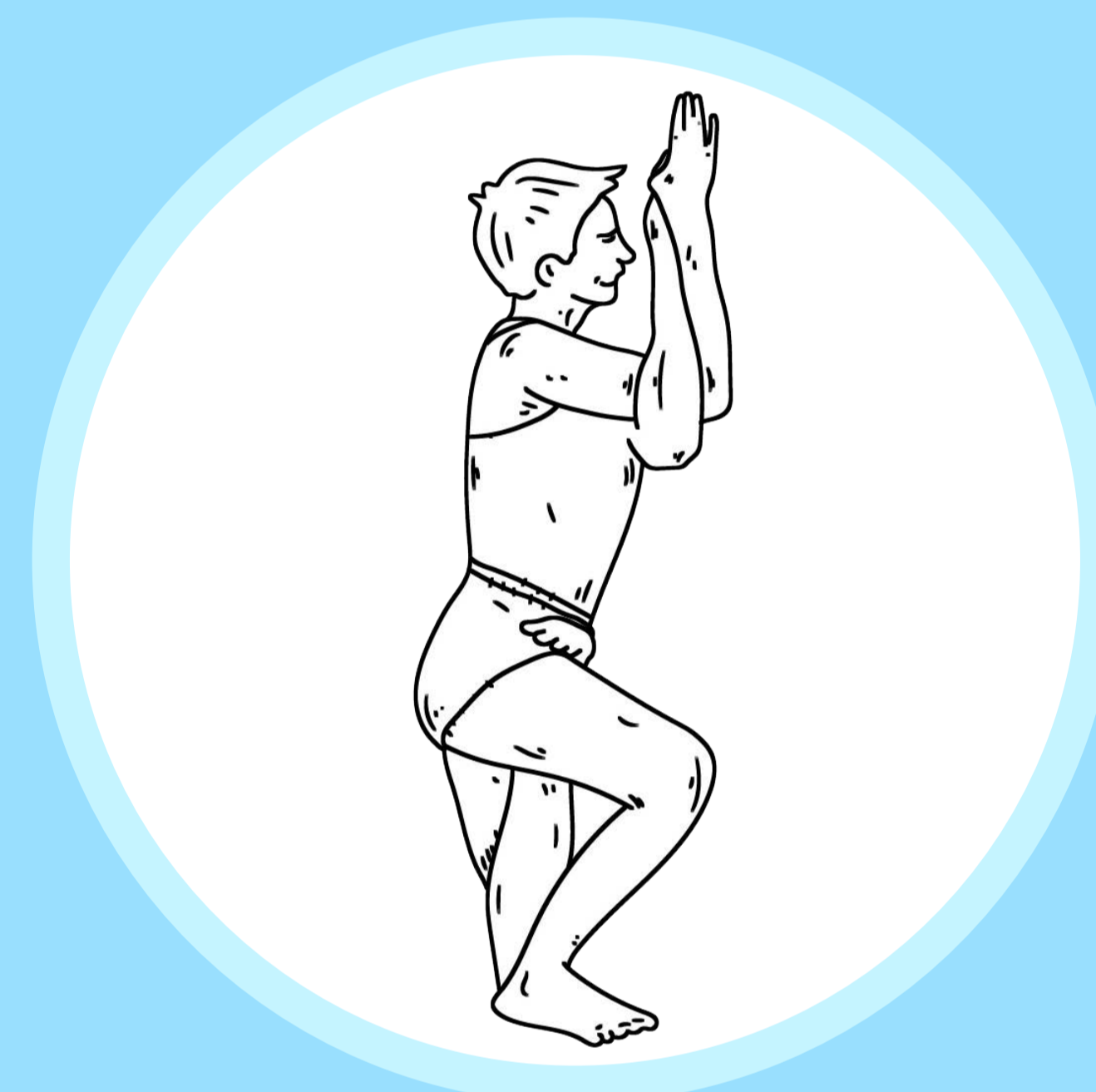
Śālābhāṣana  
(locust)



Dhanurāsana  
(bow)



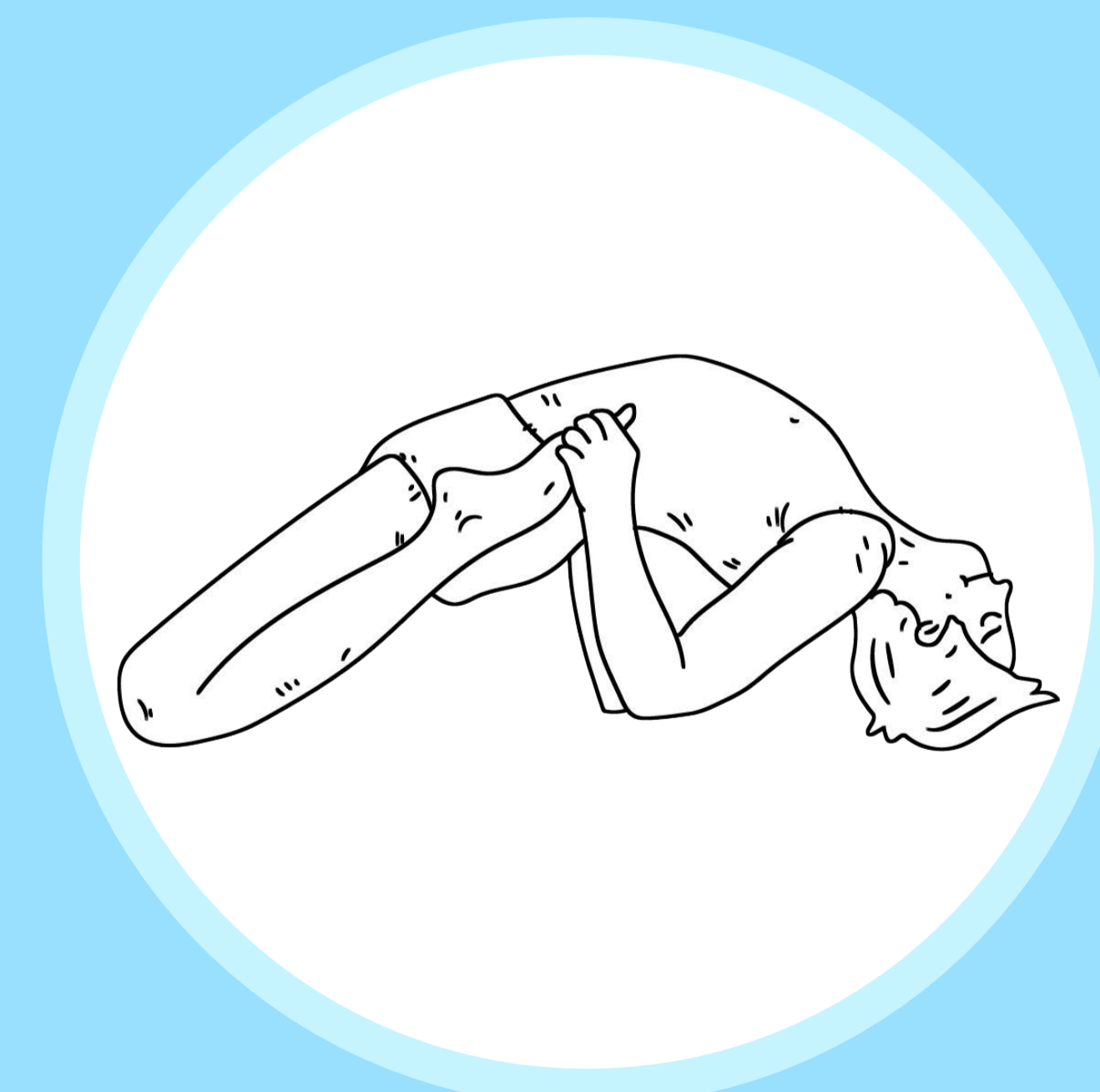
Ūṣṭrāsana  
(camel)



Vātāyanāsana  
(horse)



Garuḍāsana  
(eagle)



Supta Bhekasana  
(reclined frog)

\* Including flatfoot, heel pain, and spurs.

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## Ankle and Foot\* (p. 6 of 9)



Mālāsana  
(garland) I



Mālāsana  
(garland) II



Find a Great PT



Paschimottānāsana  
(staff)



Mūlabandhāsana  
(root lock)



Vāmudevāsana I  
(sage)

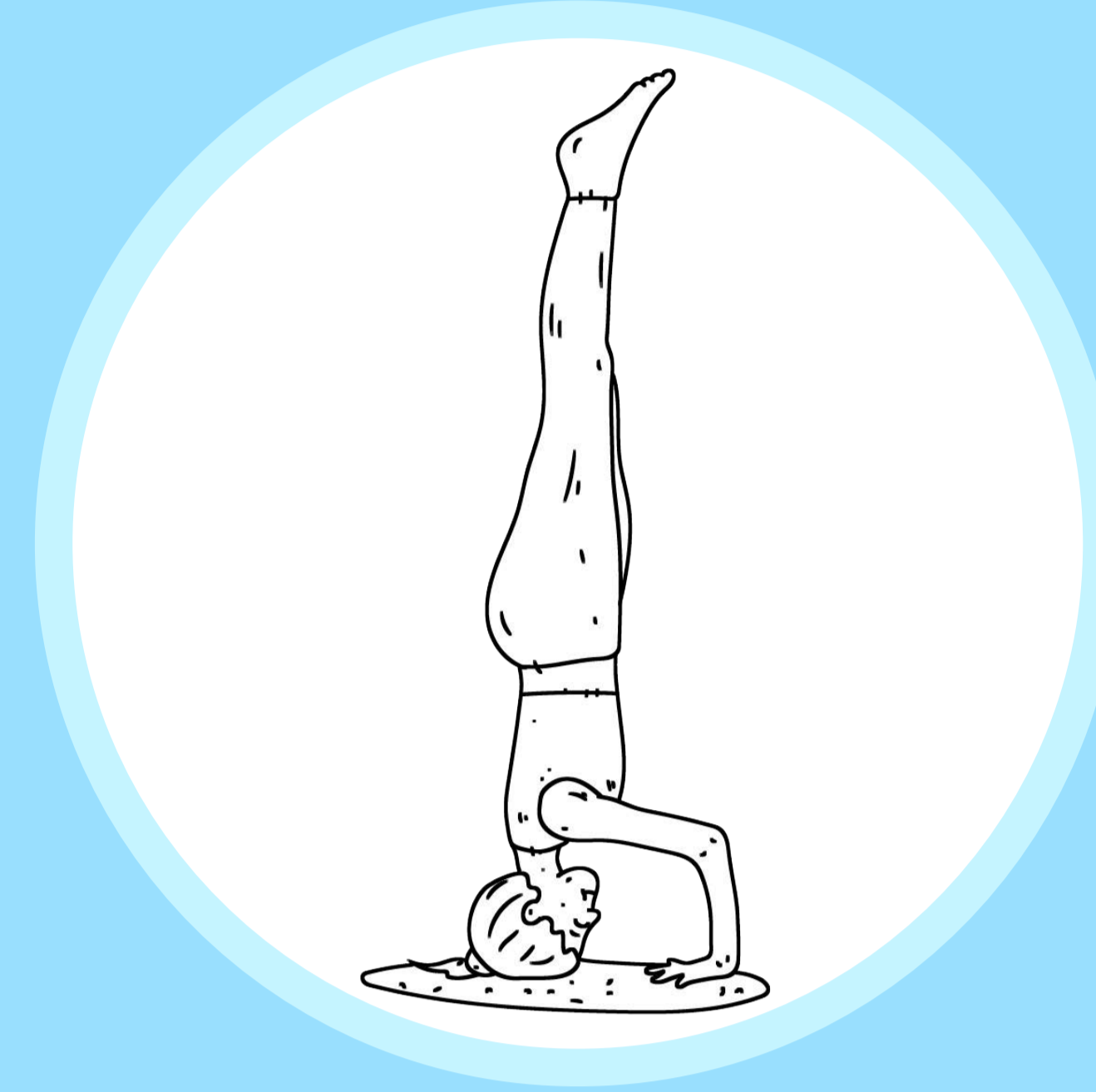
\* Including flatfoot, heel pain, and spurs.



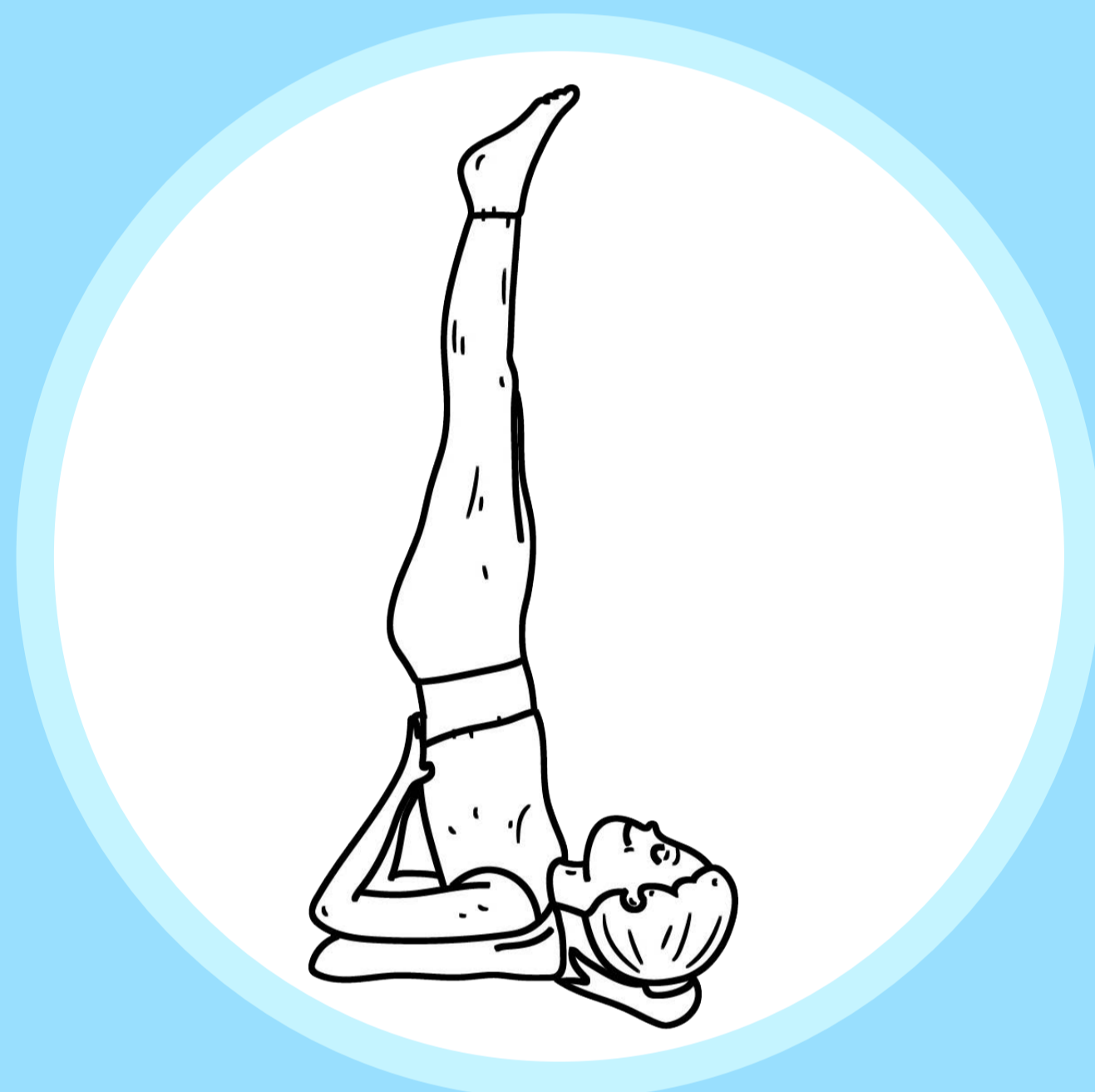
## Ankle and Foot\* (p. 7 of 9)



Any Standing Posture



Sirsasana  
(head stand)



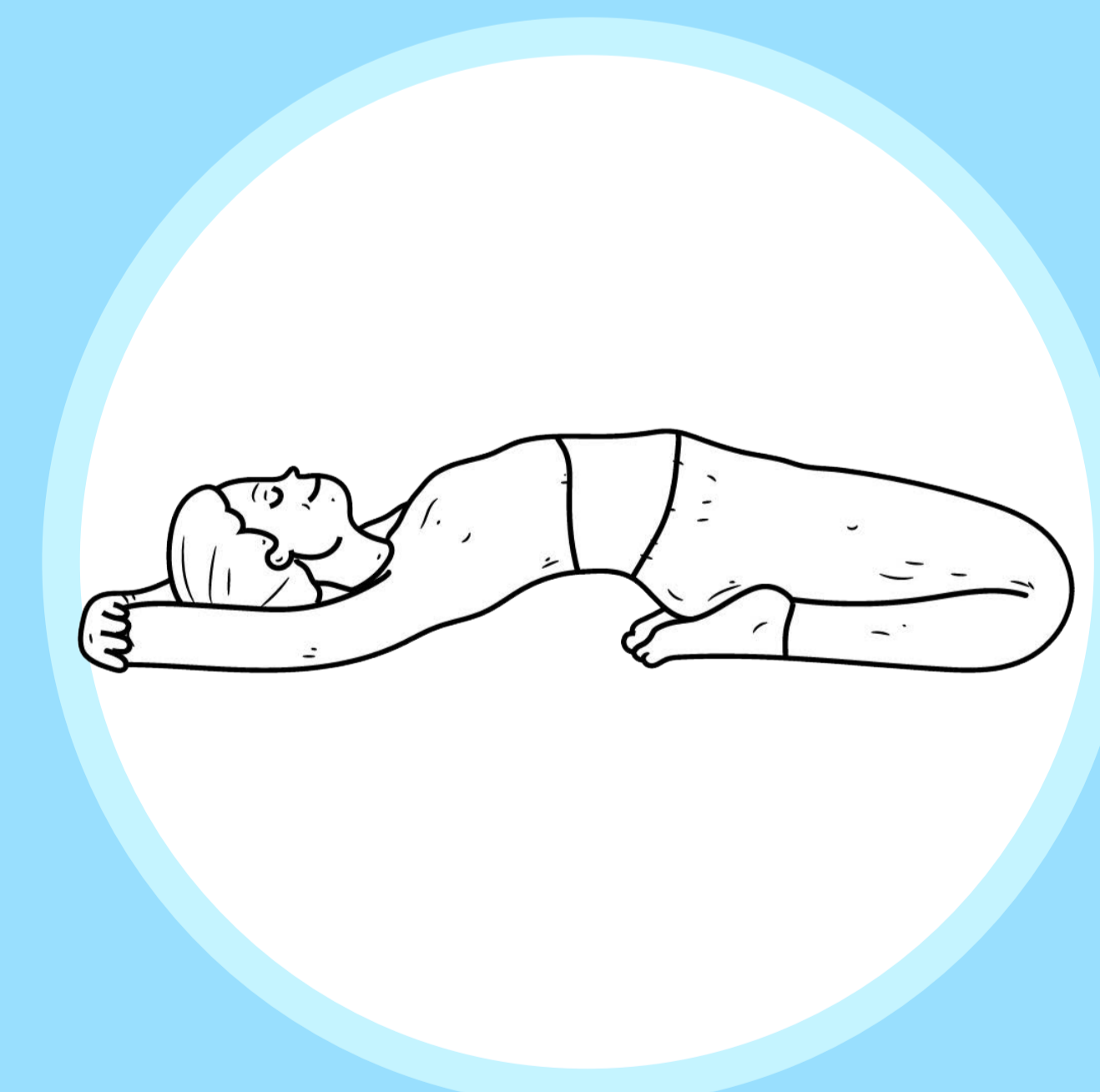
Sarvāngāsana  
(shoulder stand)



Kandāsana  
(navel)



Adhomukha Vr̥kṣāsana  
(handstand)



Paryankāsana  
(bed)

\* Including flatfoot, heel pain, and spurs.

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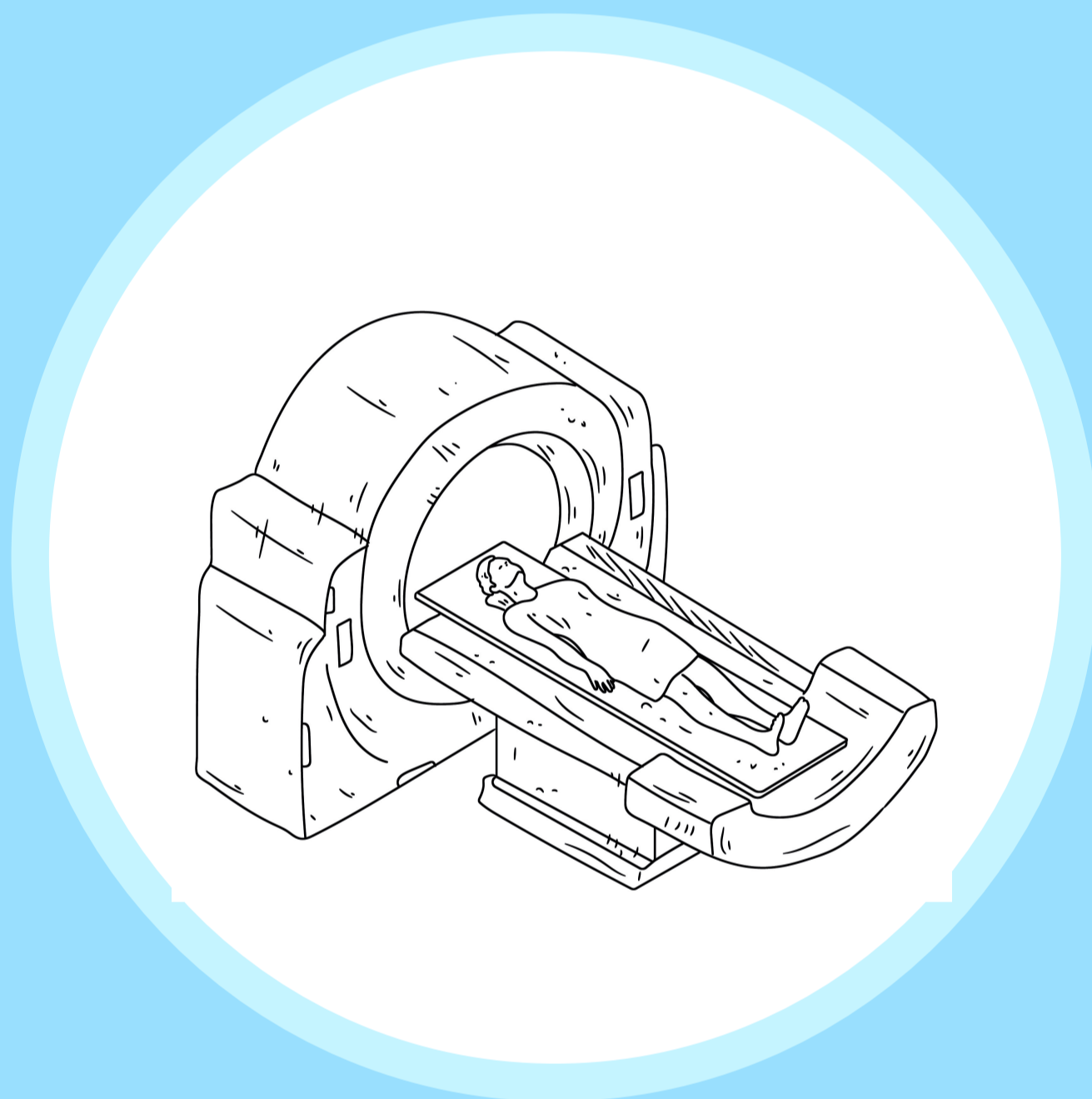
## Ankle and Foot\* (p. 8 of 9)



Gheraṇḍāsana I  
(sage)



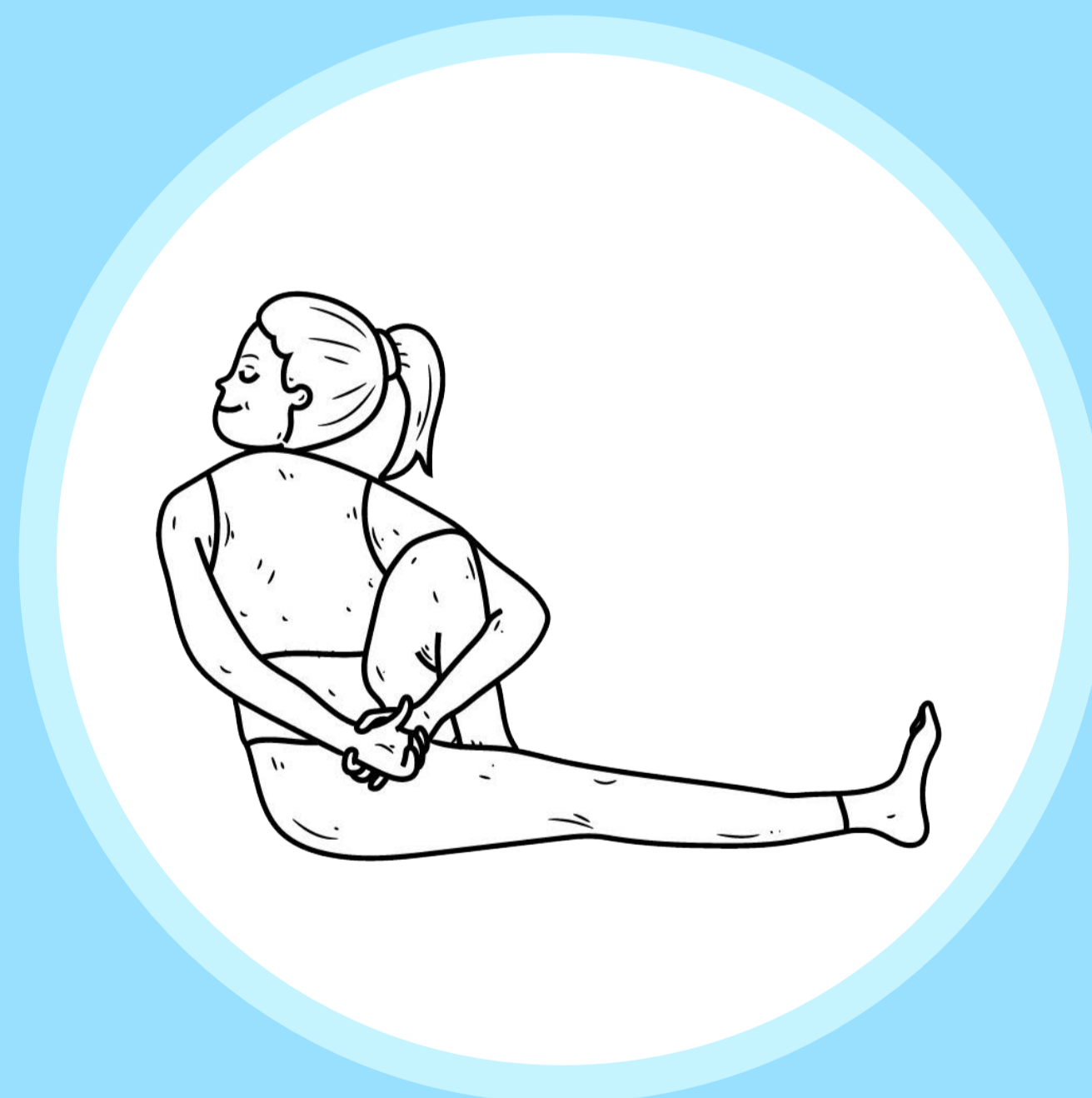
Triang Mukhaikapāda  
Paschimottānāsana  
(three limbs west stretch)



Get an MRI



Ardha Marīchyāsana I  
(bound forward fold)



Ardha Marīchyāsana III  
(bound twist)



Yogadaṇḍāsana  
(yoga staff pose)

\*Includes flatfoot, heel pain, and spurs



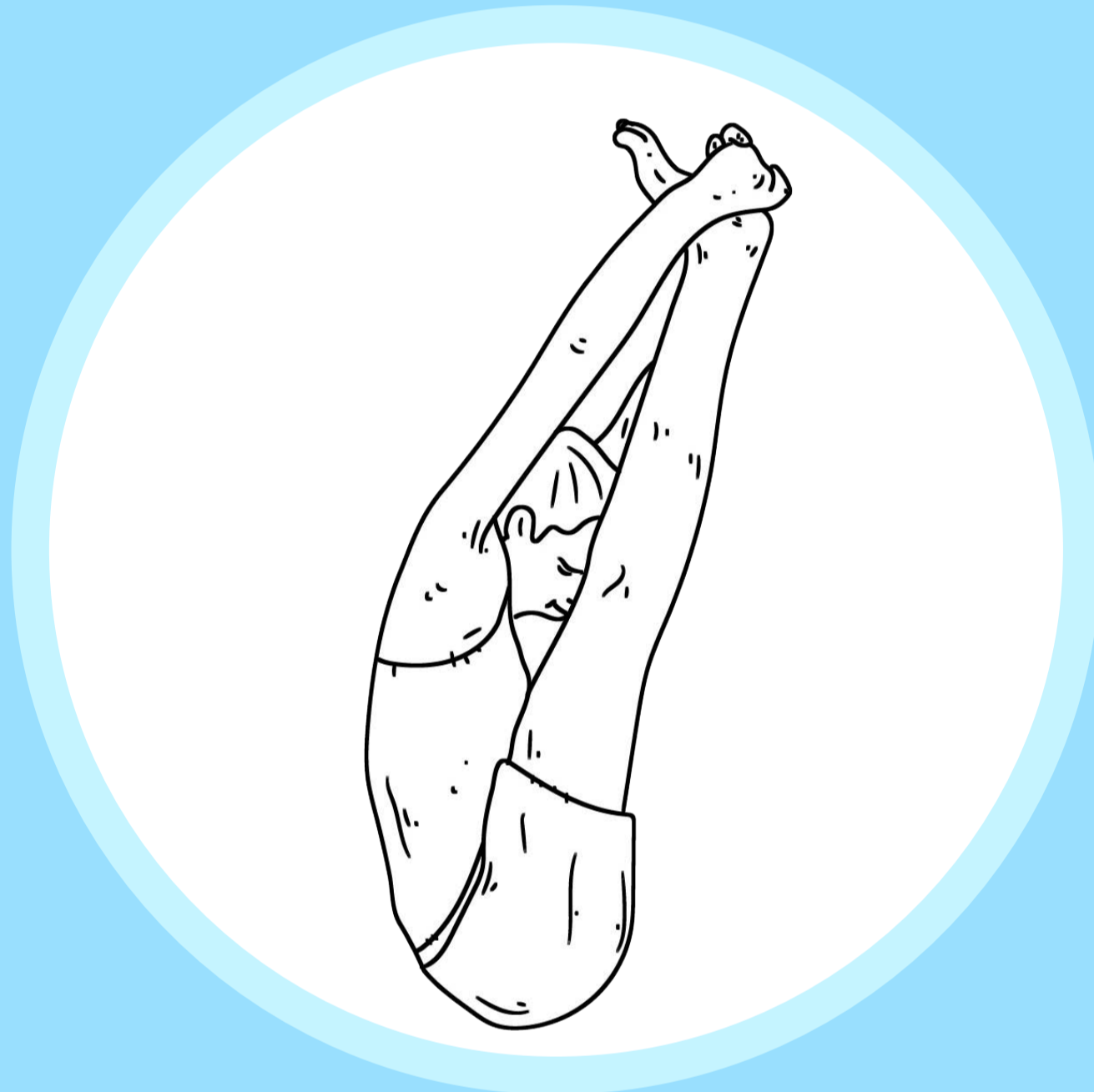
## Ankle and Foot\* (p. 9 of 9)



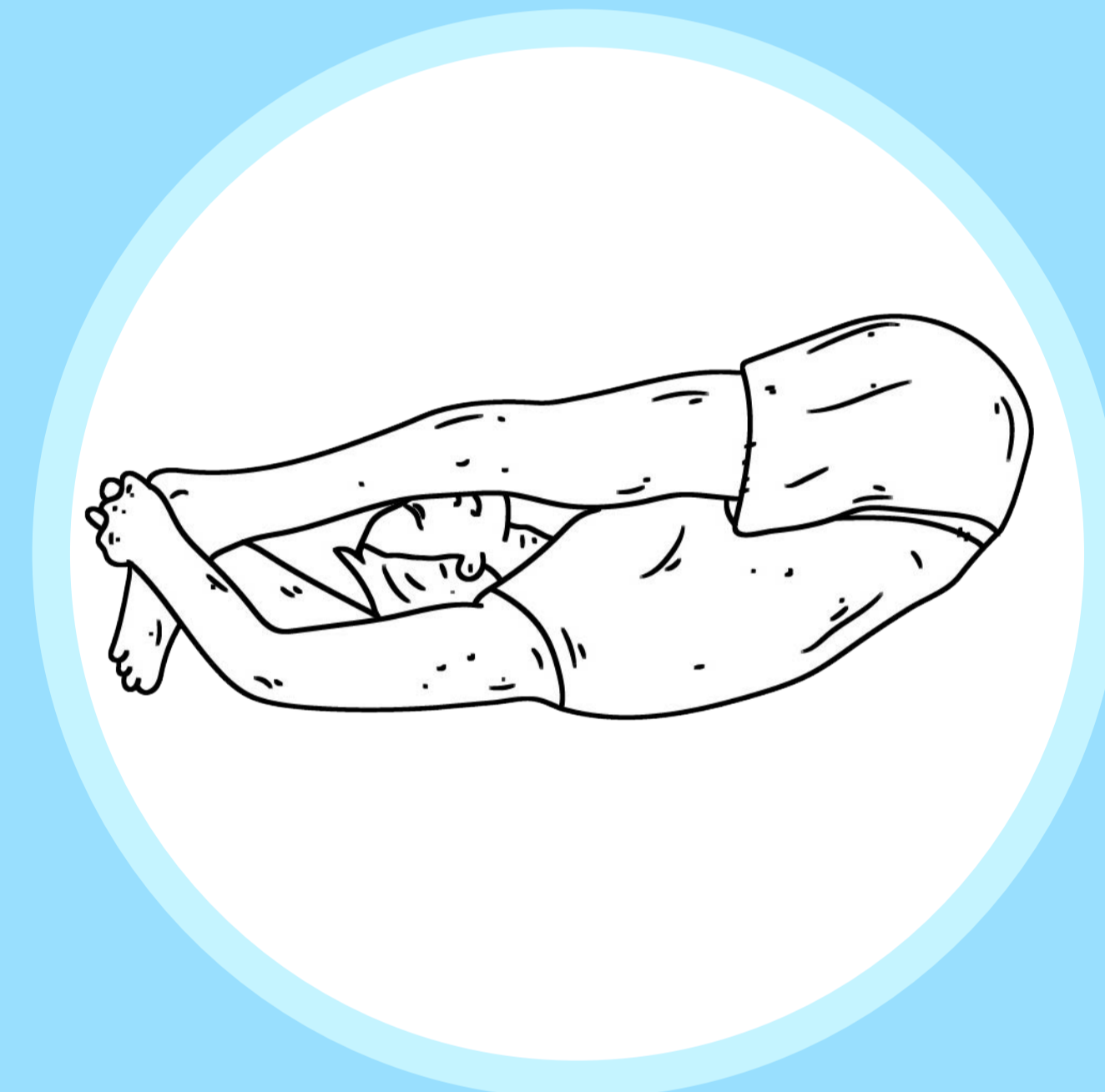
Pincha Mayūrāsana  
(peacock feather)



Pāśāsana  
(cord)



Ūrdhvamukha Paschimottānāsana I  
(upward staff)



Ūrdhvamukha Paschimottānāsana II  
(inverted staff)

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