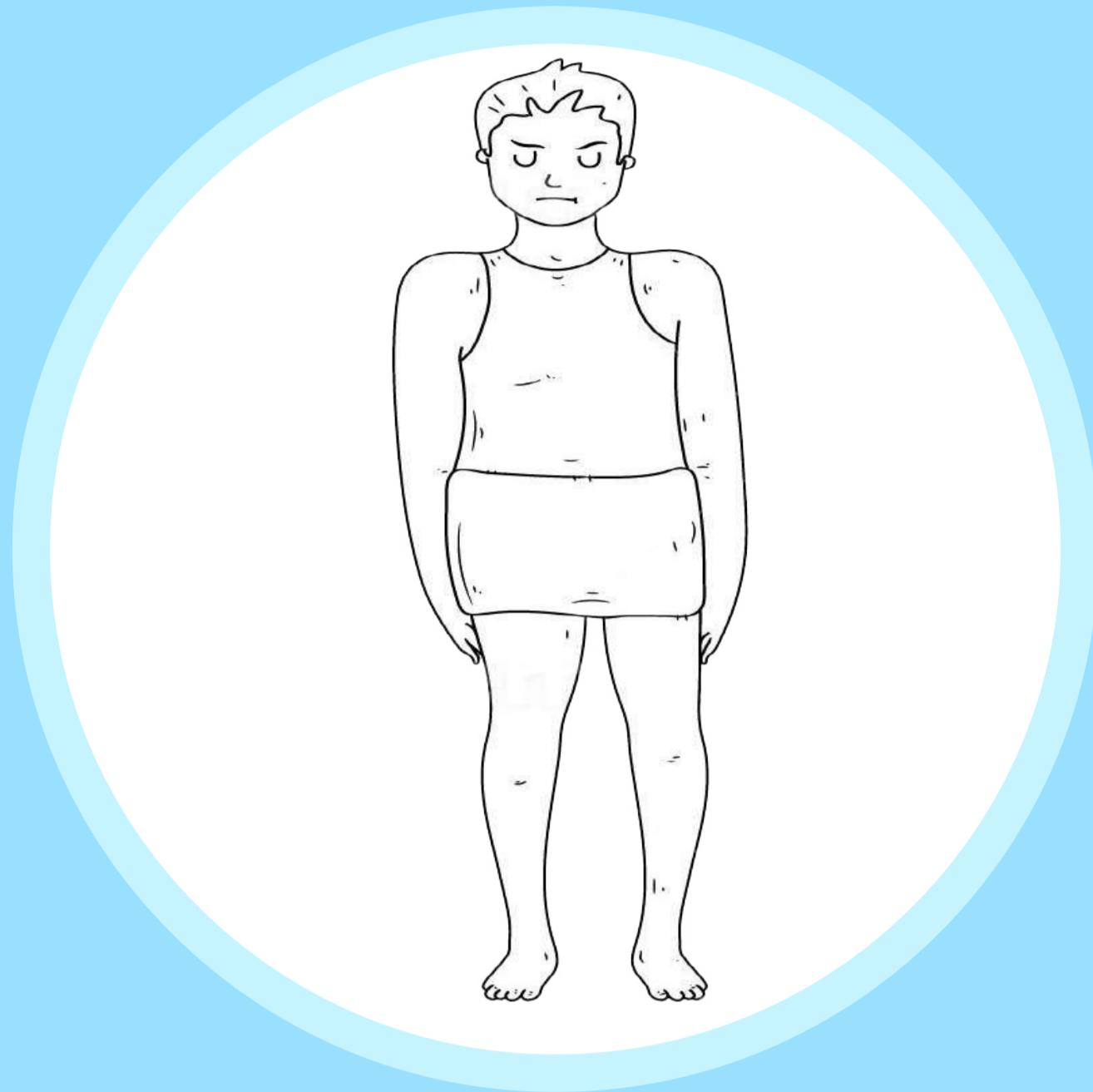


Ankle and Foot* (p. 1 of 9)



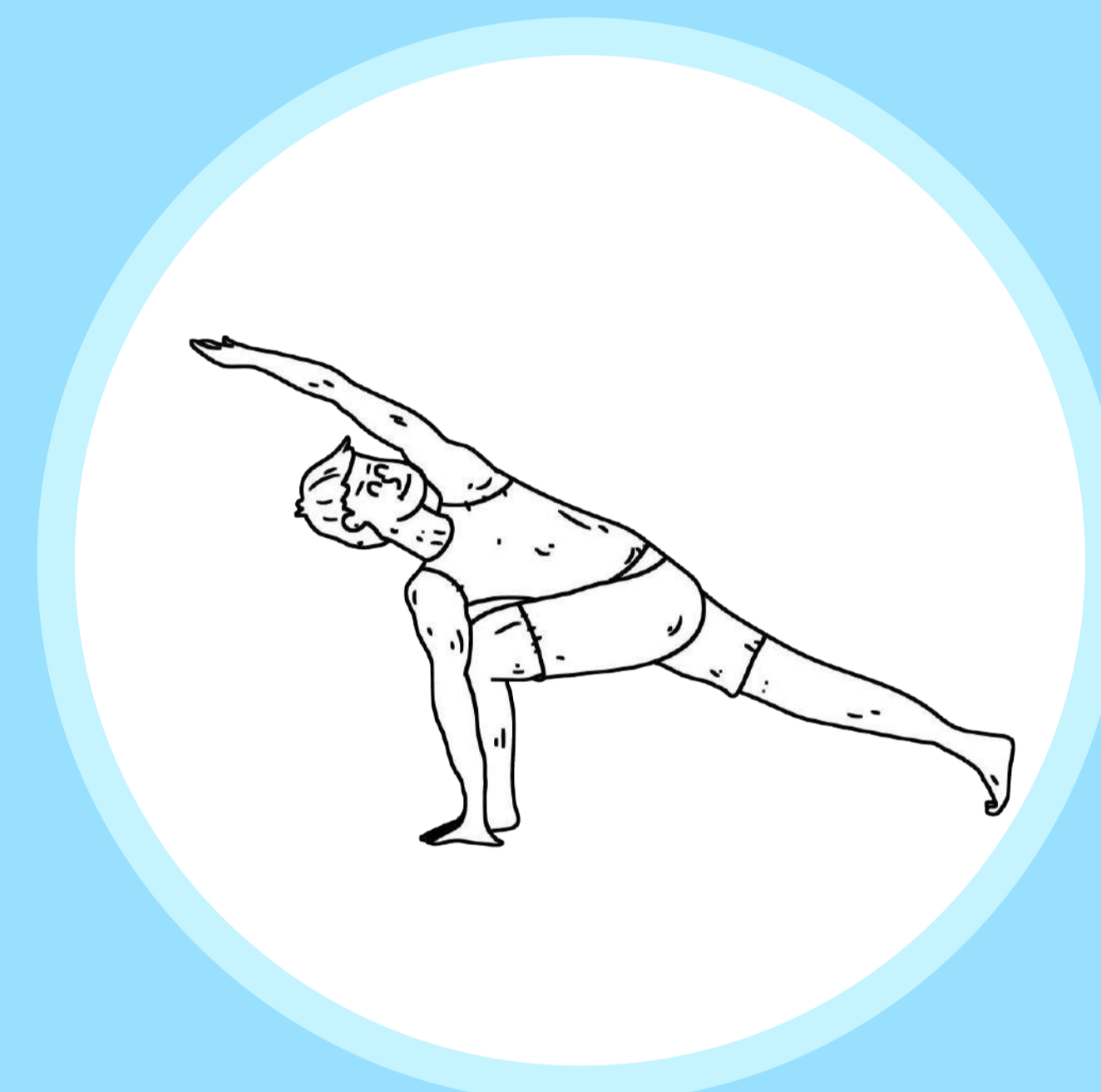
Pada Bandha
(doming)



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)



Vīrabhadrāsana I
(warrior one)



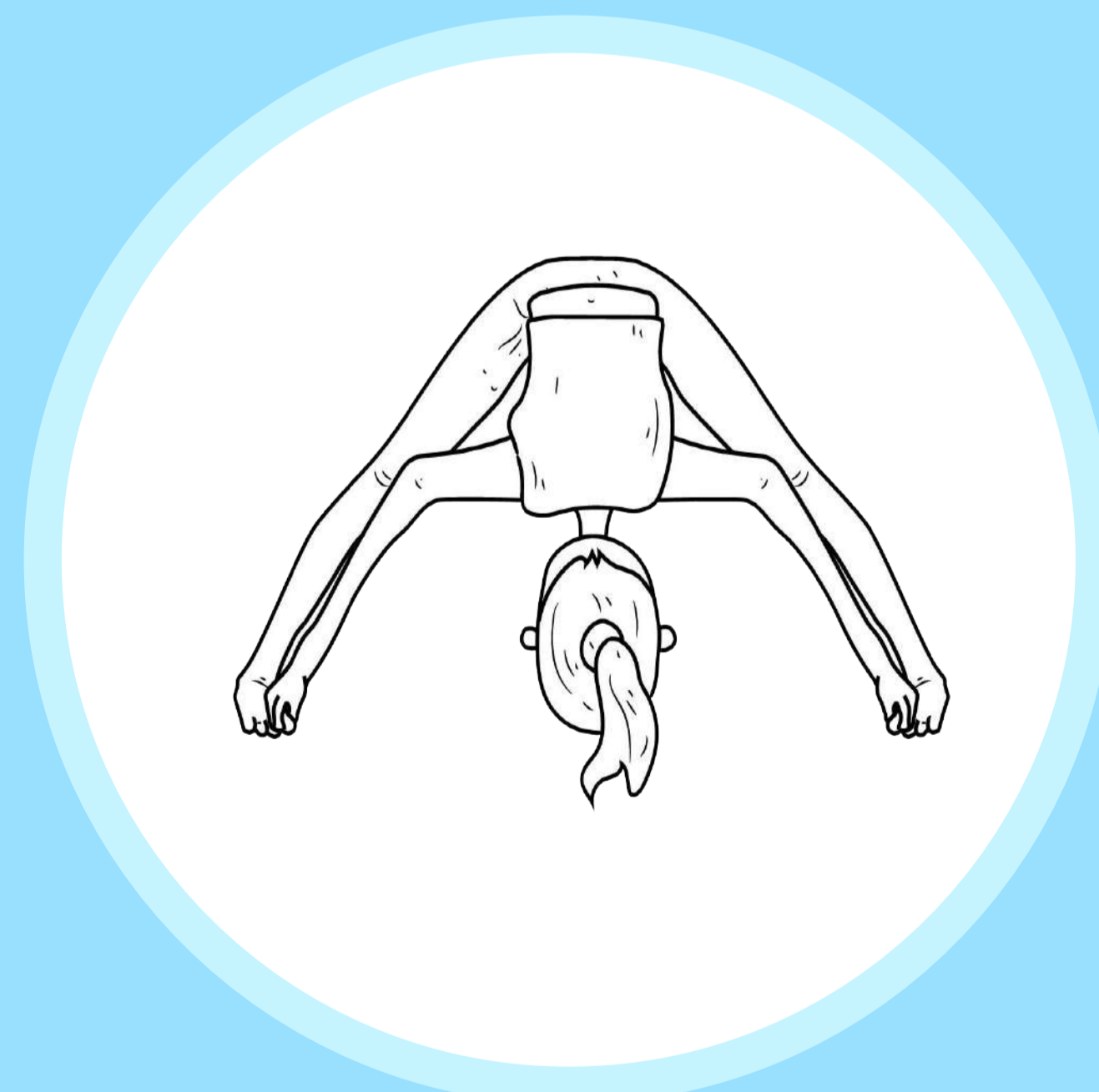
Vīrabhadrāsana II
(warrior two)



Vīrabhadrāsana III
(warrior three)



Pārśvottānāsana
(intense stretch)



Prasārita Pādottānāsana
(wide leg forward fold)



Adhomukha Śvānāsana
(downward dog)

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Ankle and Foot* (p. 3 of 9)



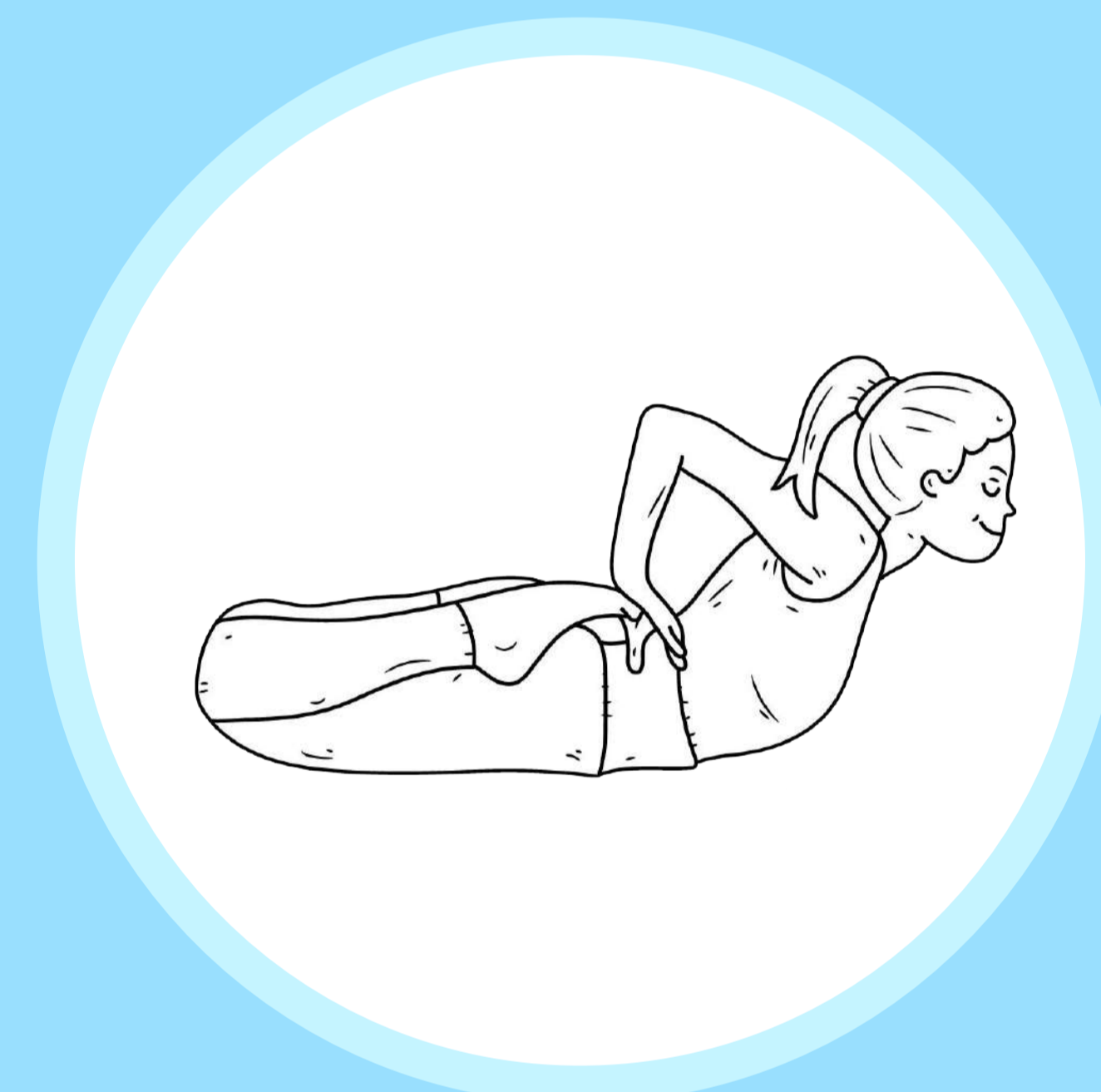
Gomukhāsana
(cow face)



Magnesium



Supta Vīrāsana
(reclined hero)



Bhekāsana
(frog)



Baddha Padmāsana
(bound lotus)

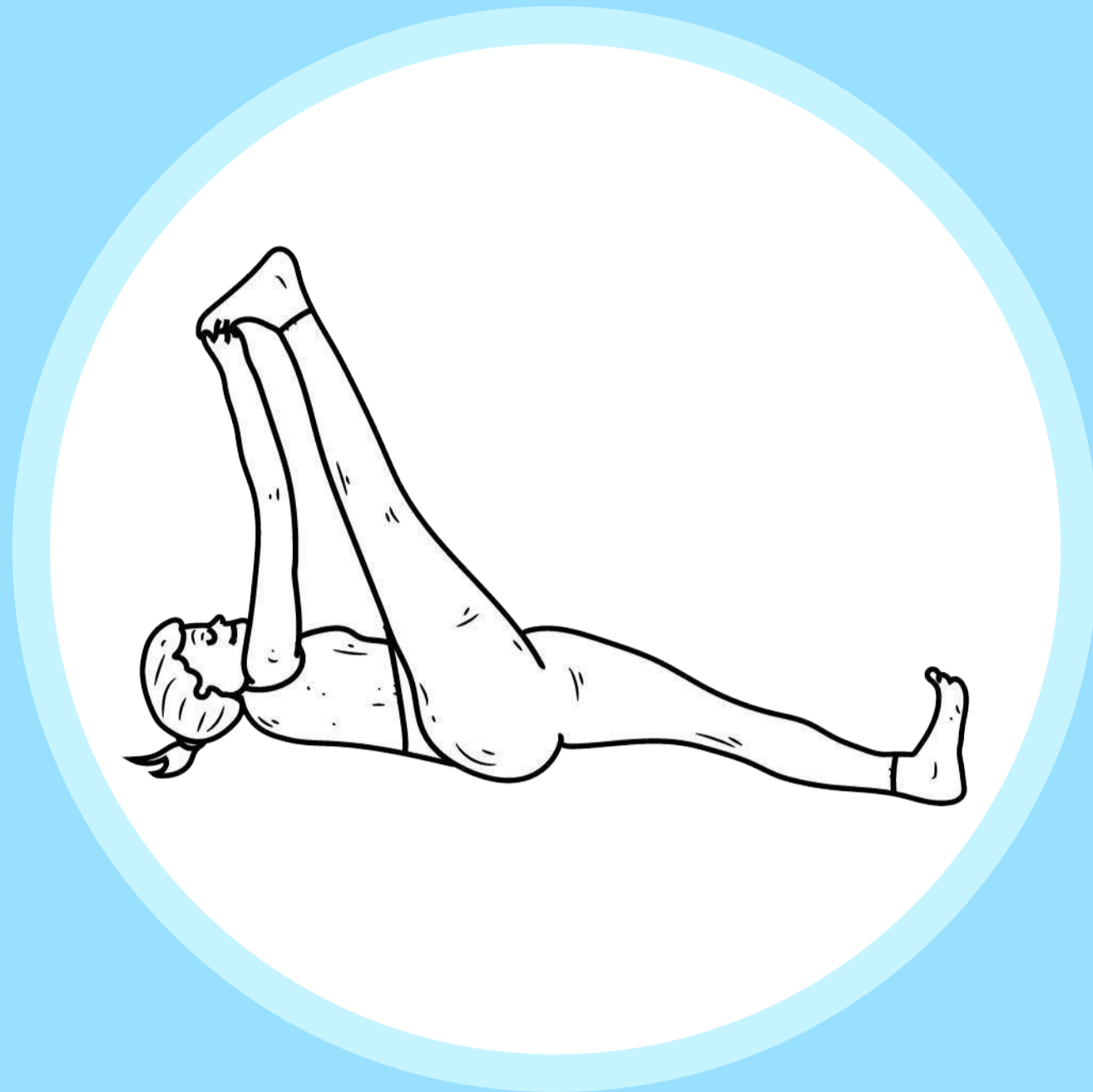


Baddha Konāsana
(bound angle)

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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)

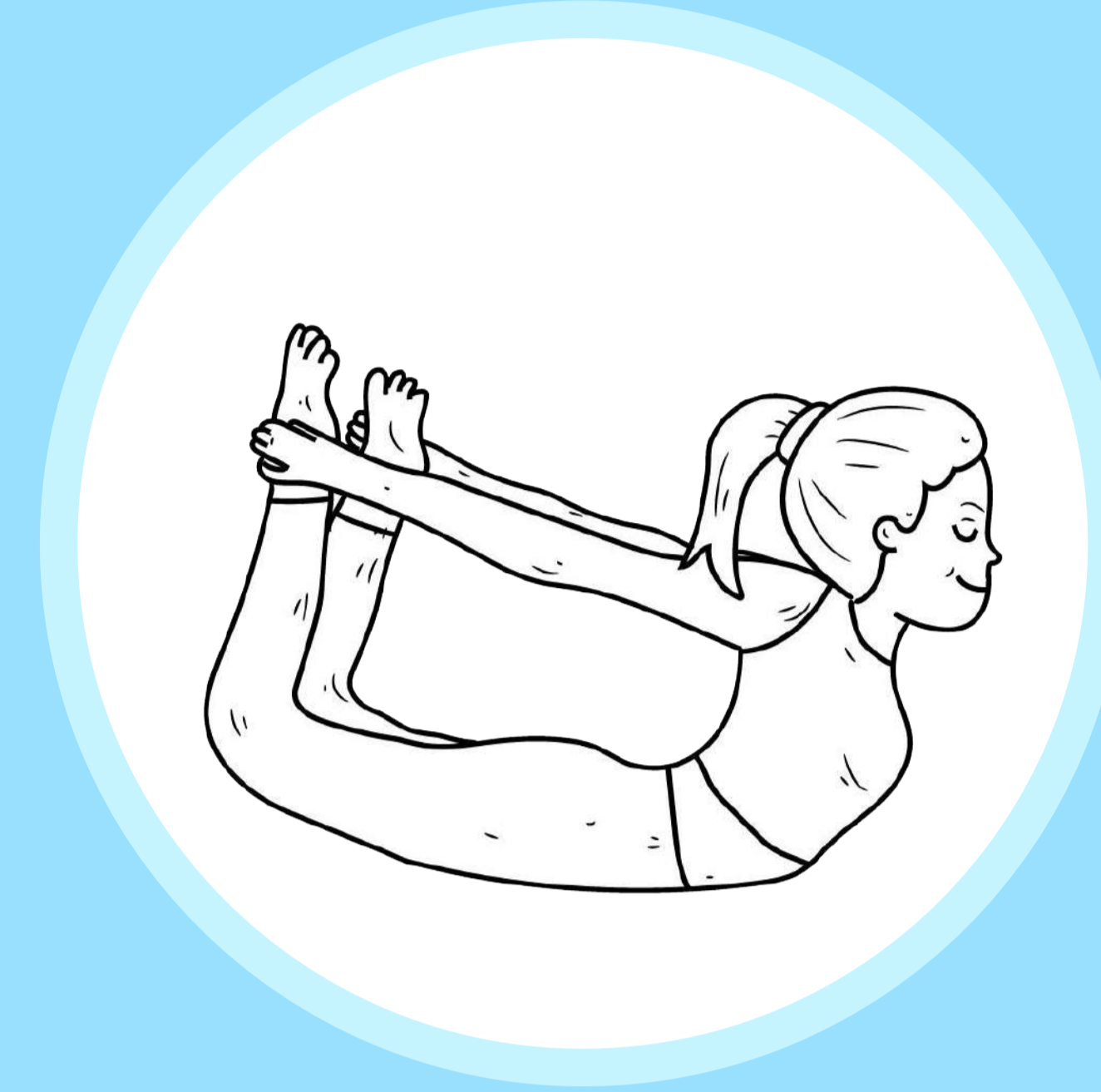
* Including flatfoot, heel pain, and spurs.

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Ankle and Foot* (p. 5 of 9)



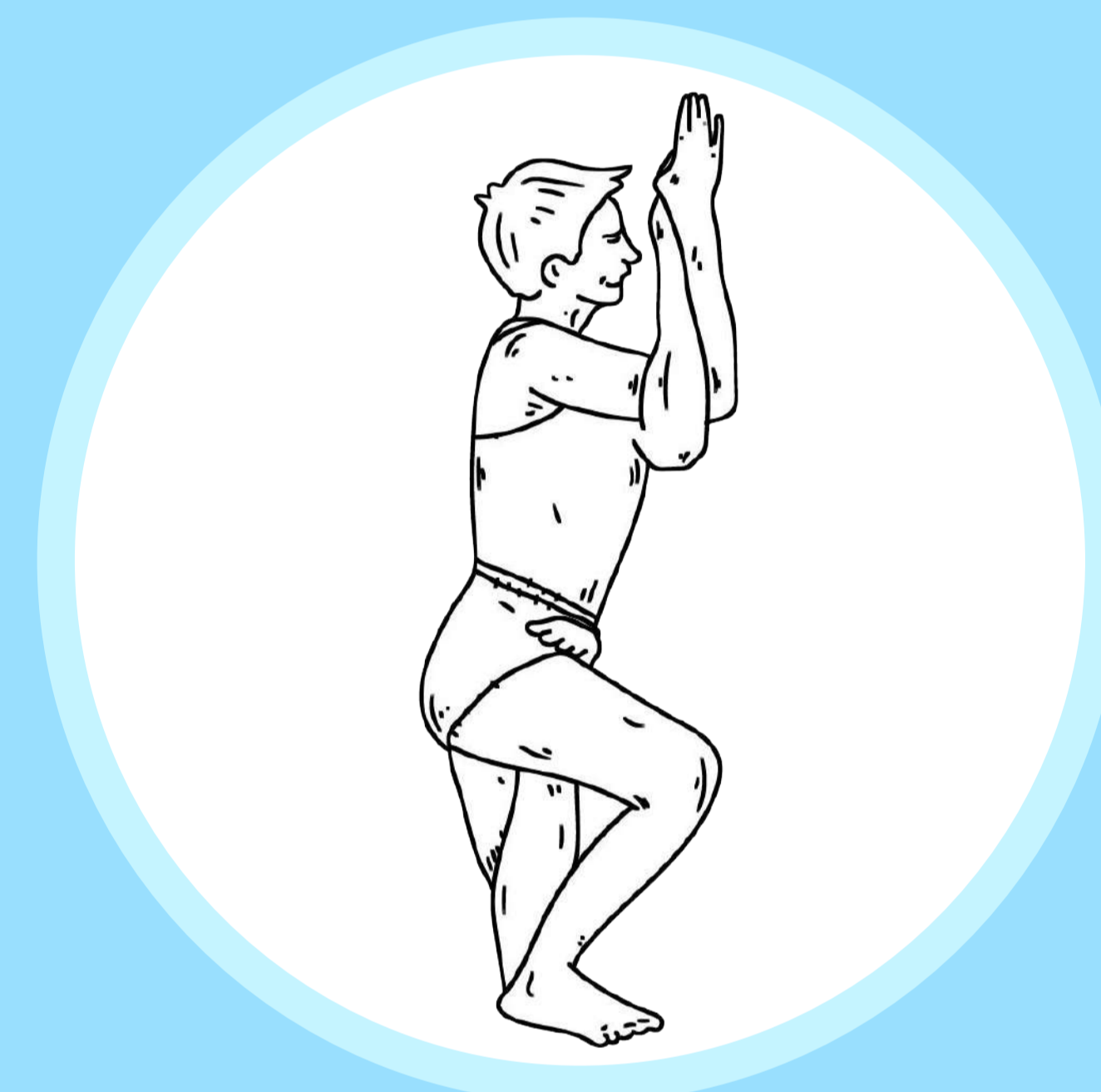
Śālābhāṣana
(locust)



Dhanurāsana
(bow)



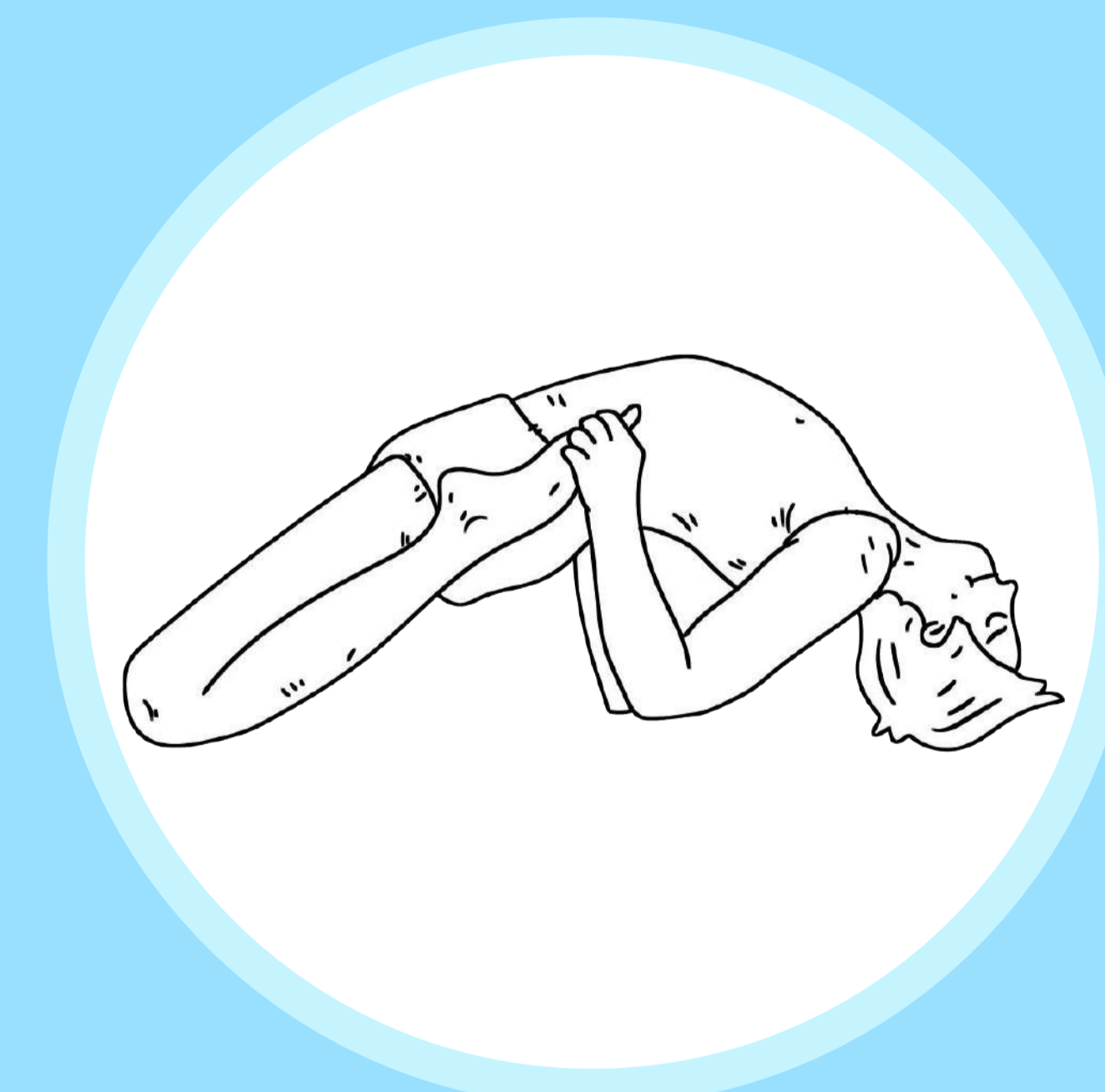
Ūṣṭrāsana
(camel)



Vātāyanāsana
(horse)



Garuḍāsana
(eagle)

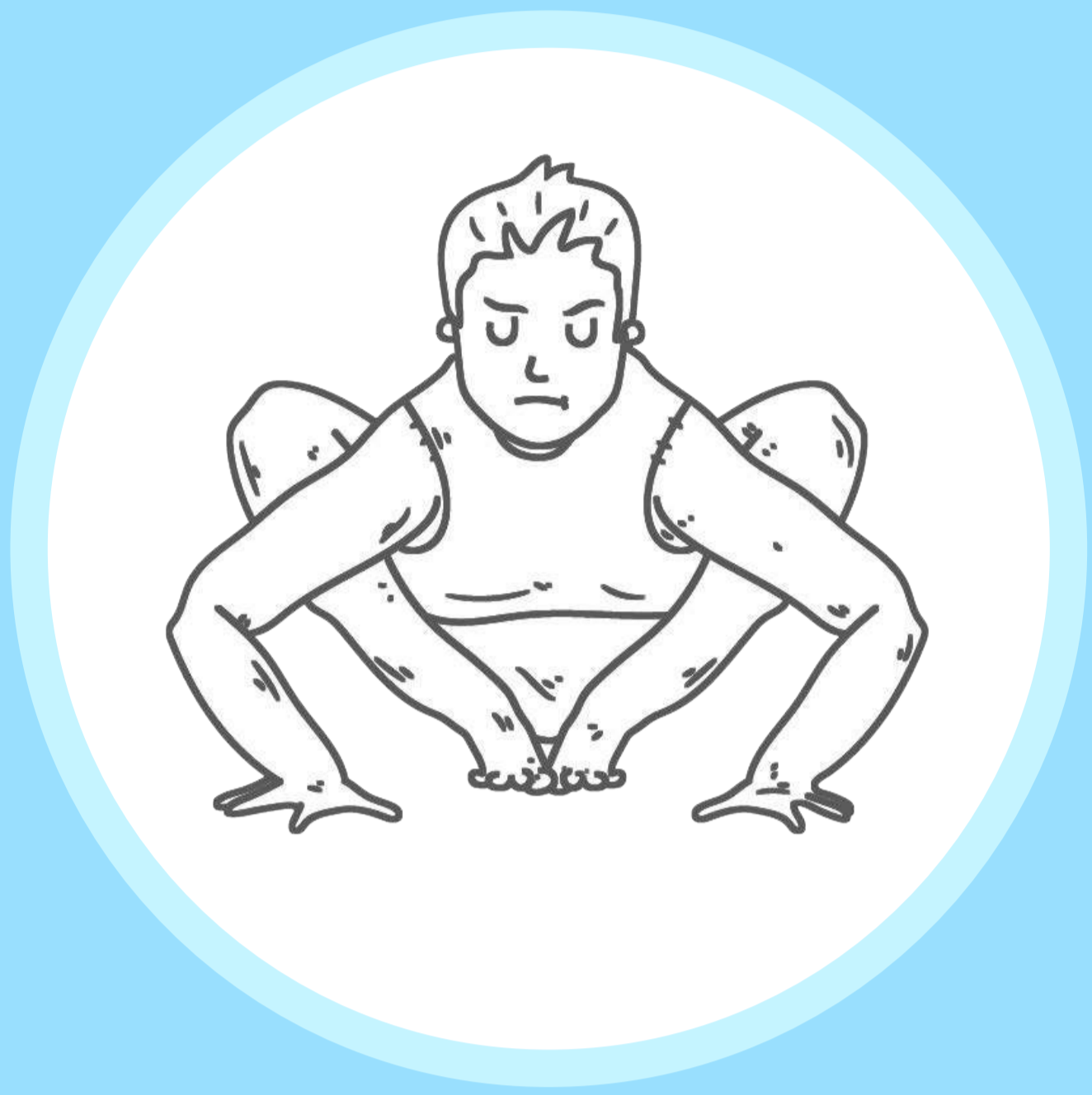


Supta Bhekasana
(reclined frog)

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Ankle and Foot* (p. 6 of 9)



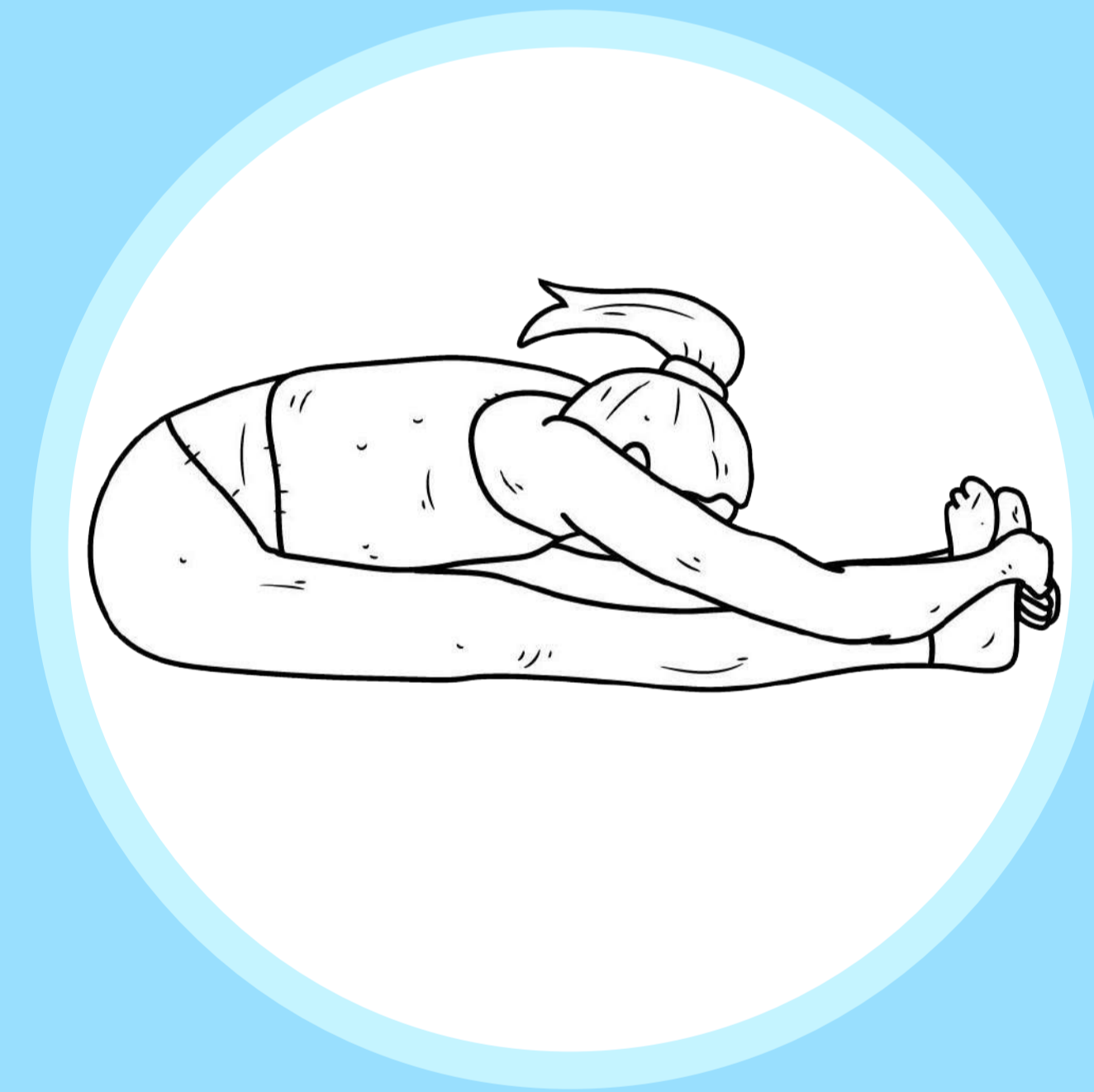
Mālāsana
(garland) I



Mālāsana
(garland) II



Find a Great PT



Paschimottānāsana
(staff)



Mūlabandhāsana
(root lock)



Vāmadevāsana I
(sage)

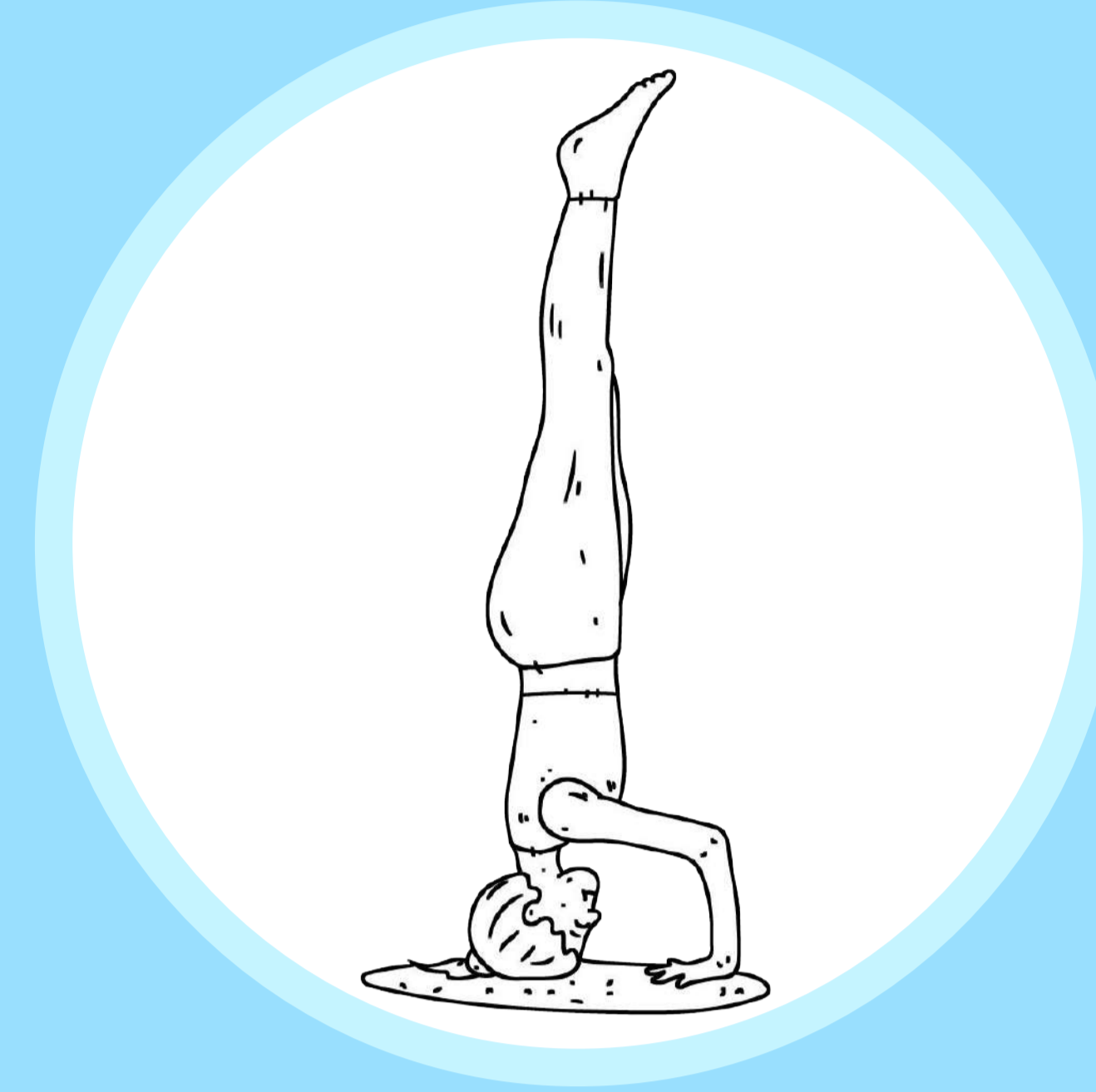
* Including flatfoot, heel pain, and spurs.

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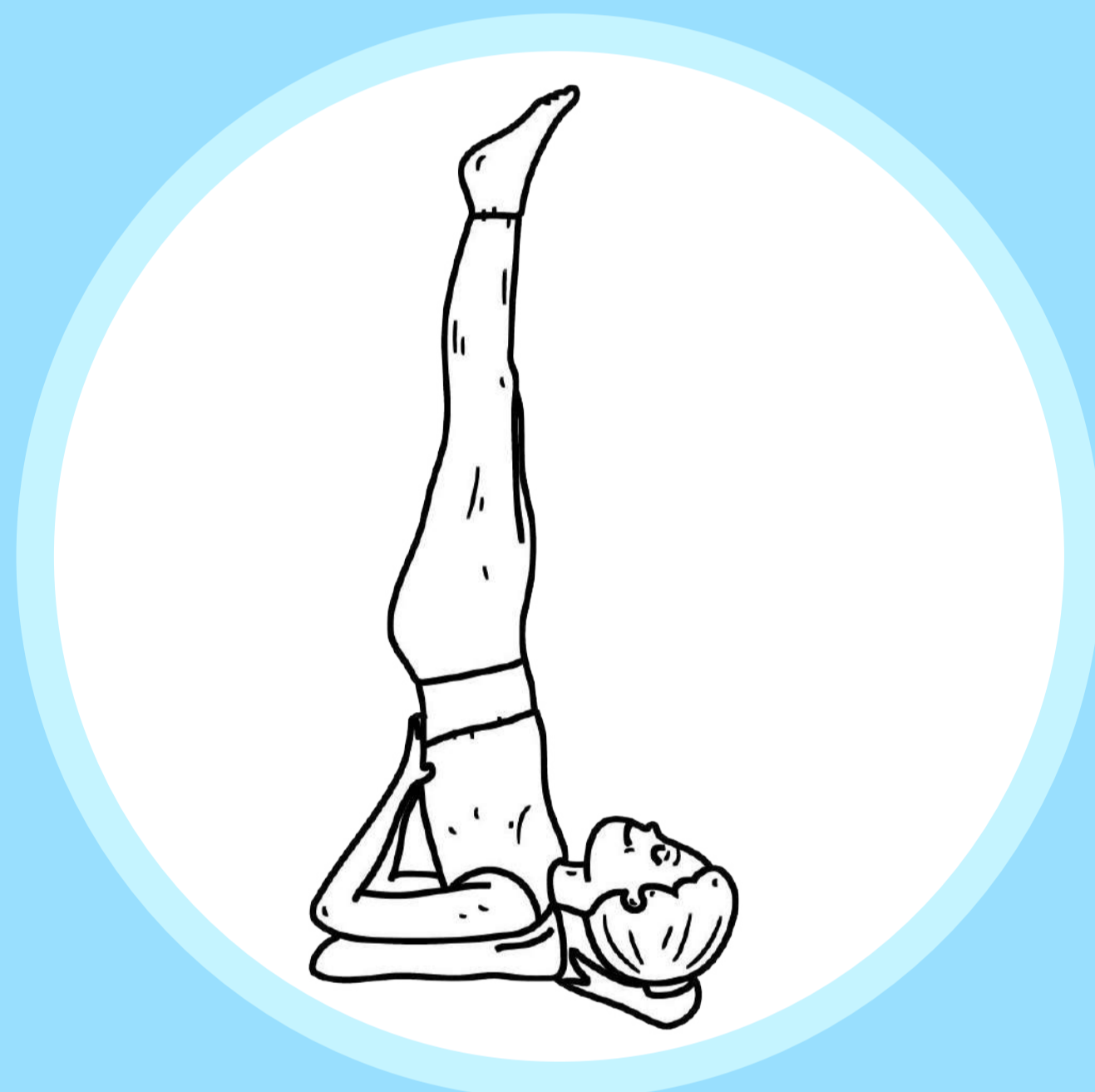
Ankle and Foot* (p. 7 of 9)



Any Standing Posture



Sirsasana
(head stand)



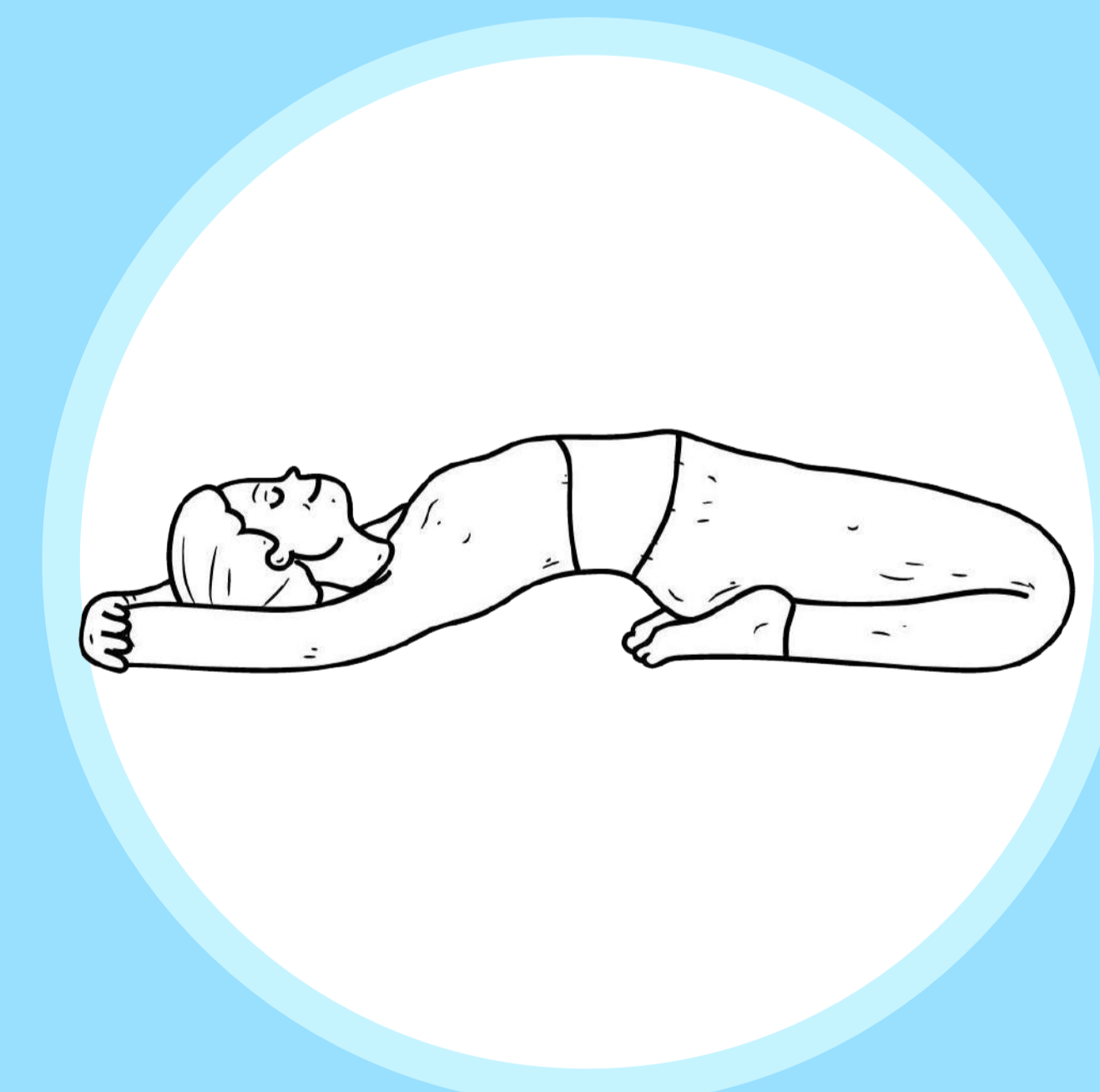
Sarvāngāsana
(shoulder stand)



Kandāsana
(navel)



Adhomukha Vr̥kṣāsana
(handstand)



Paryankāsana
(bed)

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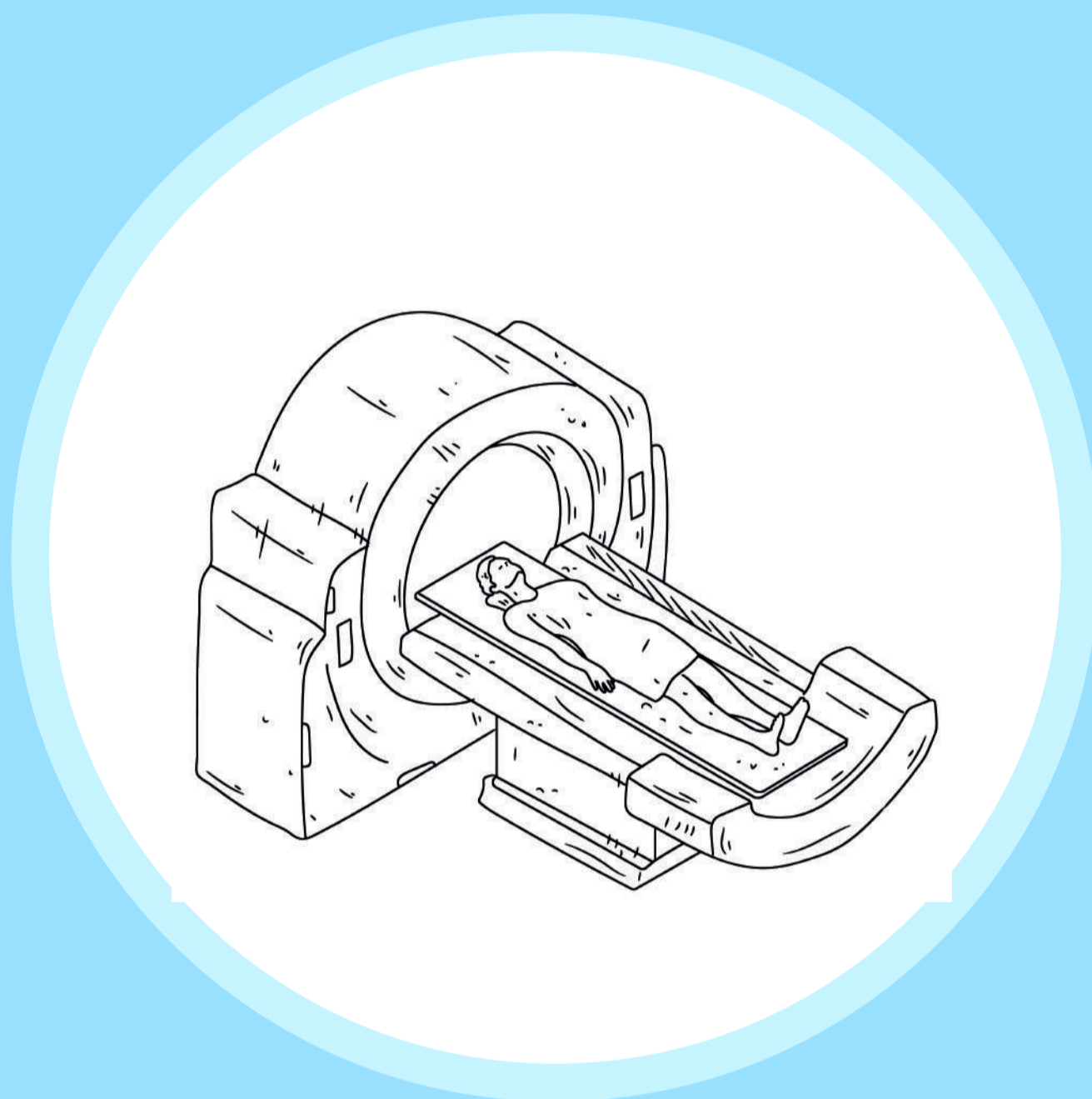
Ankle and Foot* (p. 8 of 9)



Gheraṇḍāsana I
(sage)



Triang Mukhaikapāda
Paschimottānāsana
(three limbs west stretch)



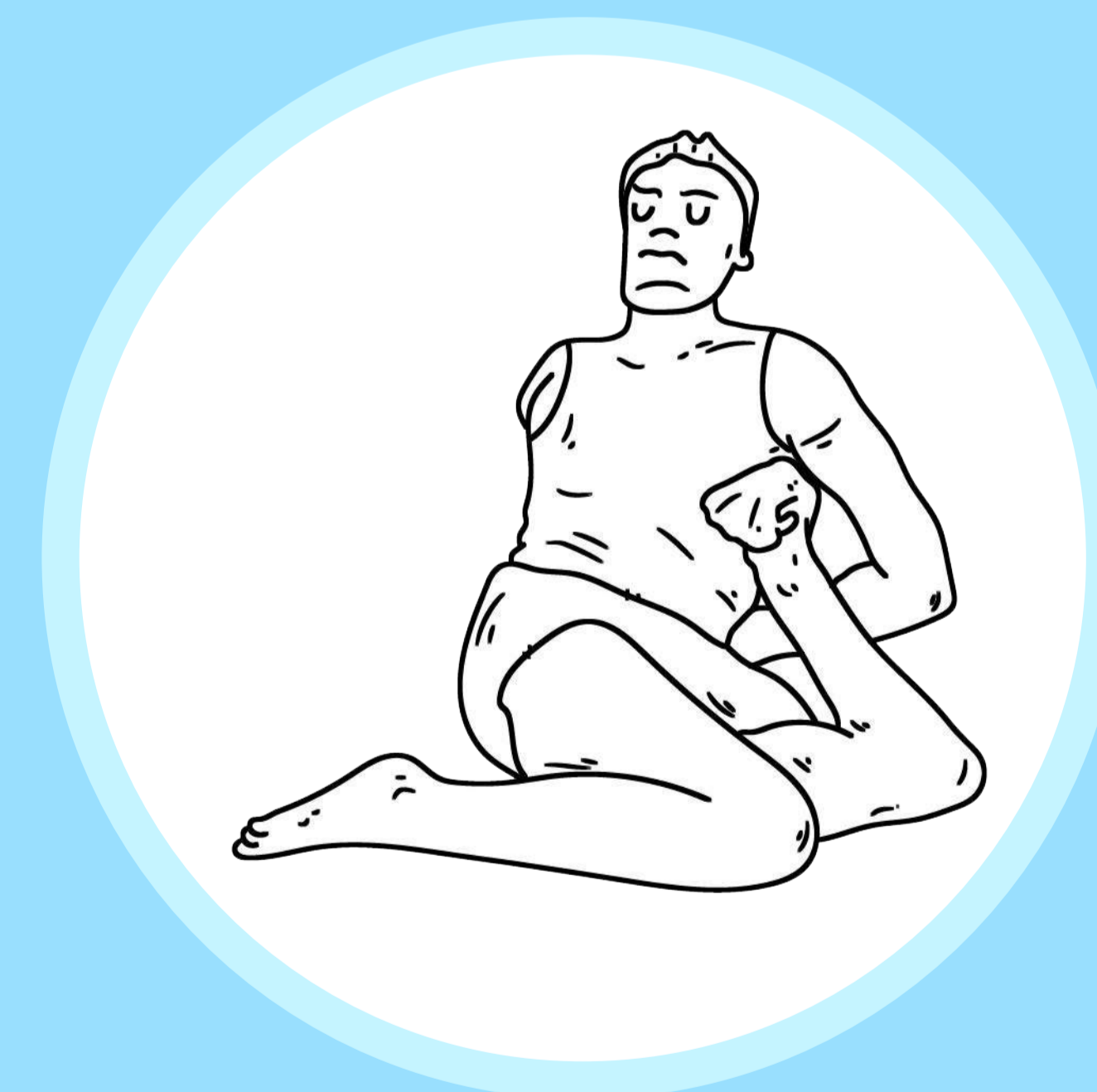
Get an MRI



Ardha Marīchyāsana I
(bound forward fold)



Ardha Marīchyāsana III
(bound twist)



Yogadaṇḍāsana
(yoga staff pose)

*Includes flatfoot, heel pain, and spurs

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Ankle and Foot* (p. 9 of 9)



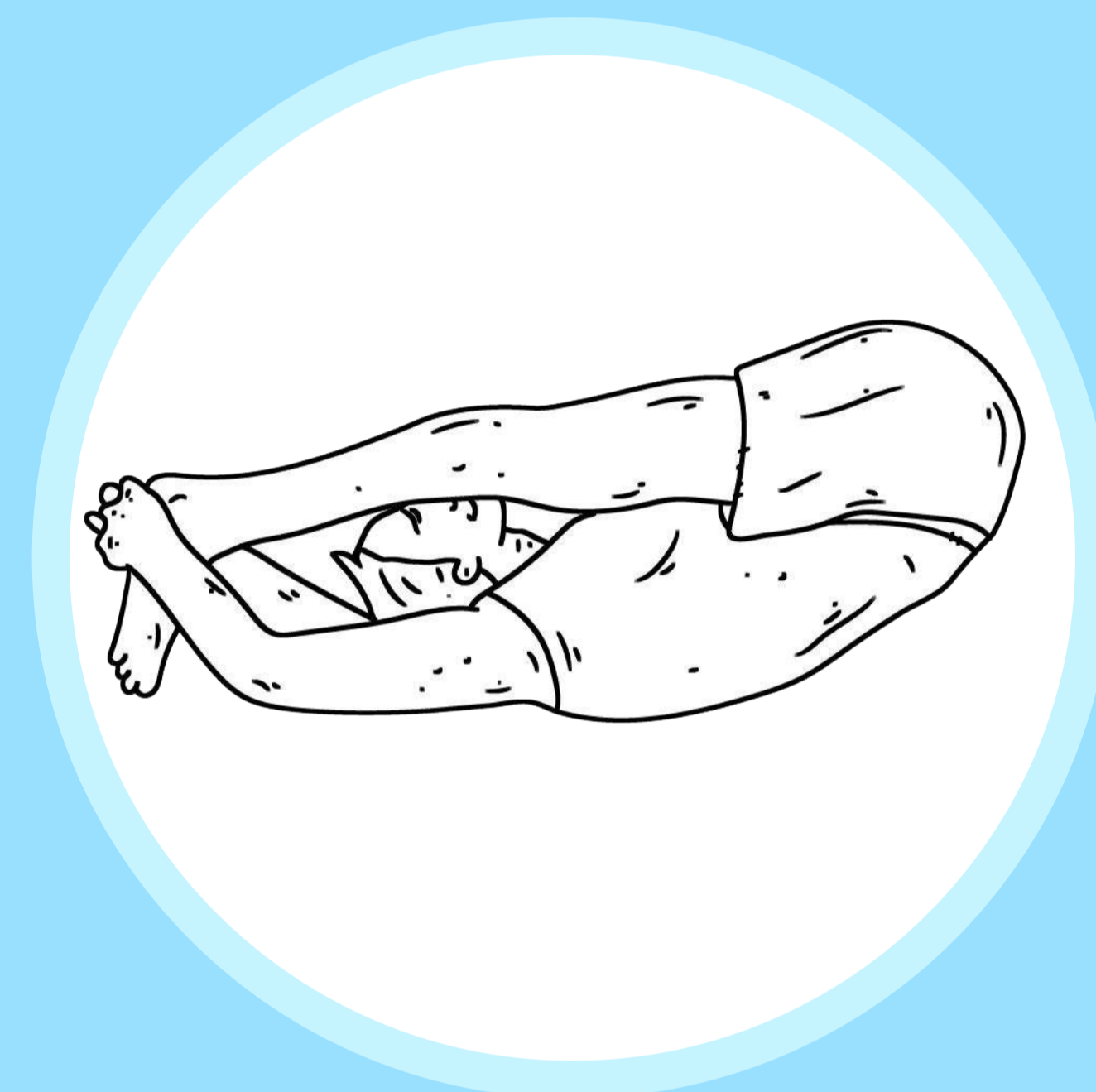
Pincha Mayūrāsana
(peacock feather)



Pāśāsana
(cord)



Ūrdhvamukha Paschimottānāsana I
(upward staff)



Ūrdhvamukha Paschimottānāsana II
(inverted staff)

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