

DRYO Self-Rehab System Feet & Calves Course

Daily Practice Instructions

To achieve the best results, perform the following routine consistently and focus on proper technique rather than speed.

Step 1. Preparation

Before starting the exercises, walk for 3–5 minutes or perform light movement to increase blood flow to the feet and lower legs.

Step 2. Feet & Calves Exercises

Complete all exercises included in this program.

- Perform the exercises in the order shown in the course.
 - Focus on slow and controlled movement.
- Maintain normal breathing throughout the session.
 - Stop any exercise that causes sharp pain.

Step 3. Recovery

After completing the exercises, walk for 1–2 minutes and allow the muscles to relax.

Important Notes

- Consistency is more important than intensity.
- Quality of movement is more important than the number of repetitions.
 - Mild muscle fatigue is normal.
 - Sharp pain is not normal and should be avoided.
- These exercises are designed to improve foot strength, ankle mobility, balance, stability, and overall lower-body function.

Recommended Frequency

Perform the program for approximately 15 minutes per day.

Recommended schedule:

Week 1: 3 sessions per week
Week 2: 4 sessions per week
Week 3: 4 sessions per week
Week 4: 5 sessions per week

Estimated completion time:
15 minutes

