Do 1 sessions per day.
Repeat 10 times per set. Do 2-3 sets per session.

Lubing around other foot to resist and turn foot in.
Cross legs with leg underneath. Loop in Lubing loop. Hold.

ANKLE / FOOT - 7. Inversion Resisted

Do 1 sessions per day.
Repeat 10 times per set. Do 2-3 sets per session.
Return.

Anchor behind, Lubing around foot. Press down and slowly

ANKLE / FOOT - 6. Planter Flexion Resisted

Do 1 sessions per day.
Repeat 10 times per set. Do 2-3 sets per session.
Slowly return.

Facing another, Lubing around foot. Pull away face and

ANKLE / FOOT - 5. Dorsiflexion Resisted

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Routine For:

Sphiya Shin
Sep 24, 2012
ANKLE FOOT - 9. Ankle Alphabet

Also do on the right.
alphabet: A to Z.
Place the lower on the heel of ankle and foot only.

ANKLE FOOT - 20. Heel Raise: Bilateral (Standing)

Also do on the right.
HOLD for 30 seconds. Relax.
Through each arch of foot.
Down until switch is felt.
The foot on sole, push held
Standing with only ball of.


Attempt to balance on leg, eyes open.
Hold for 30 seconds.

ANKLE FOOT - 12. Planter Fascia Stretch

Do 1-2 sessions per day.
Do 1-2 sets per session.
Repet 4 times per set.

Do 1-2 sessions per day.
Do 1-2 sets per session.
Repet 2-4 times per set.
Rise on balls of feet.