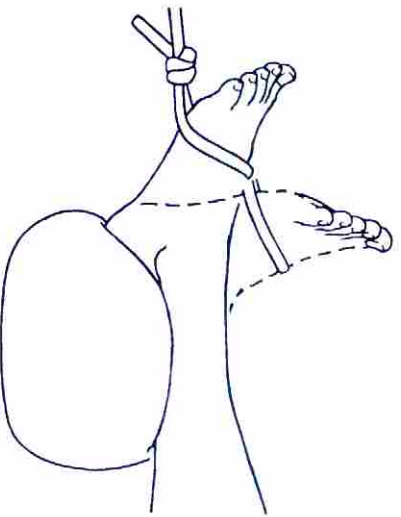


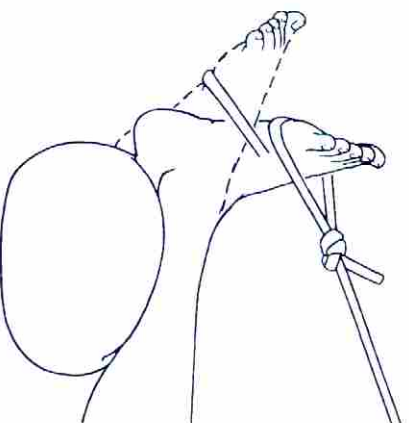
ANKLE / FOOT - 5 Dorsiflexion: Resisted



Facing anchor, tubing around foot, pull toward face and slowly return.

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

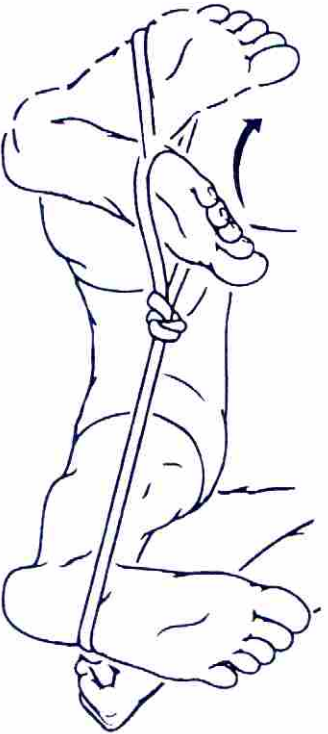
ANKLE / FOOT - 6 Plantar Flexion: Resisted



Anchor behind, tubing around foot, press down and slowly return.

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

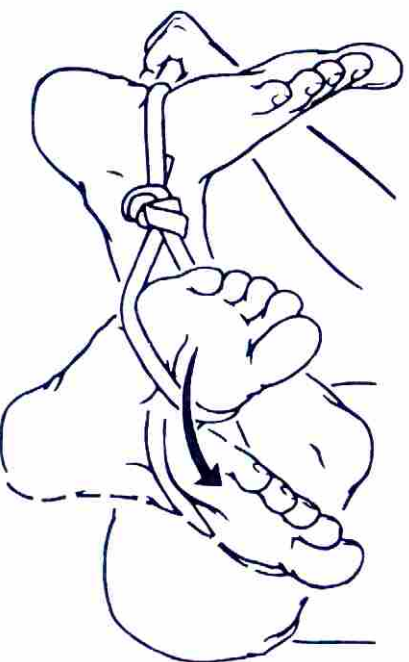
ANKLE / FOOT - 8 Eversion: Resisted



With foot in tubing loop, hold tubing around other foot to resist and turn foot out.

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

ANKLE / FOOT - 7 Inversion: Resisted

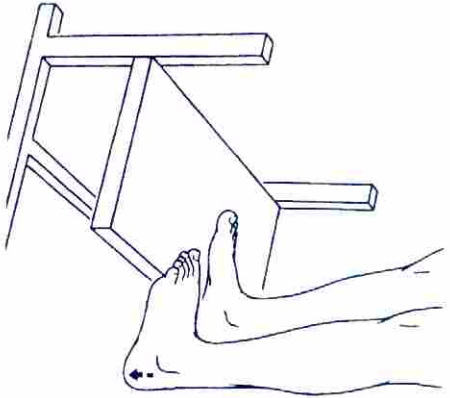


Cross legs with leg underneath, foot in tubing loop. Hold tubing around other foot to resist and turn foot in.

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

ANKLE / FOOT - 12 Plantar Fascia Stretch

Standing with only ball of the foot on stair, push heel down until stretch is felt through arch of foot. Hold 30 seconds. Relax. Also do on the right.

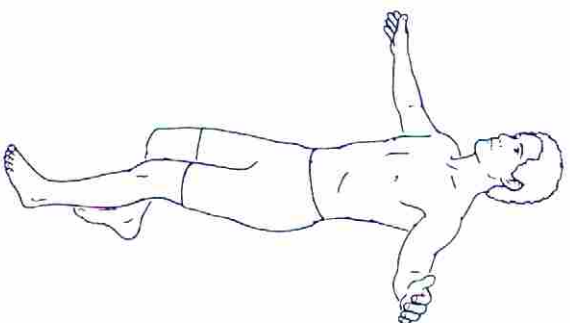


Repeat 4 times per set.  
Do 1 sets per session.  
Do 1 sessions per day.

ANKLE / FOOT - 15 Balance: Unilateral

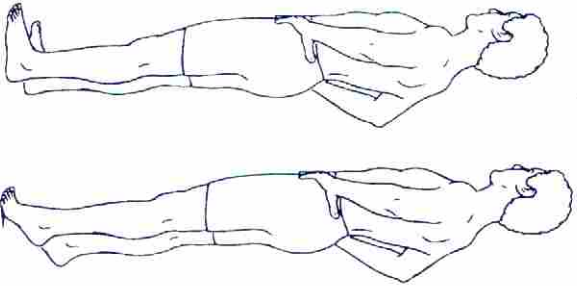
Attempt to balance on leg, eyes open. Hold 30 seconds.

Repeat 4 times per set.  
Do 1 sets per session.  
Do 1 sessions per day.



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

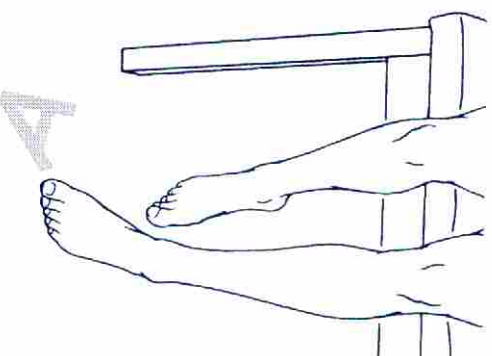
Rise on balls of feet.



Repeat 20 times per set.  
Do 2-4 sets per session.  
Do 1 sessions per day.

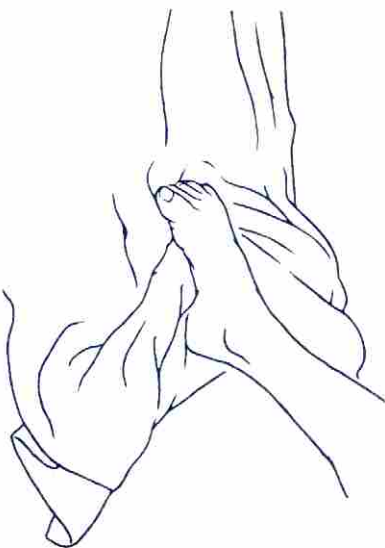
ANKLE / FOOT - 9 Ankle Alphabet

Using ankle and foot only, trace the letters of the alphabet. Perform A to Z. Also do on the right.



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

ANKLE / FOOT - 10 Toe Curl: Unilateral



With foot resting on towel, slowly bunch up towel by curling toes.

Repeat 10 times per set. Do 1 sets per session.

Do 1 sessions per day.

ANKLE / FOOT - 27 PRE: Dorsiflexion

Sitting with leg over edge of table or bed and 2-5 pound weight around foot, flex ankle, moving toes toward knee.

Repeat 20 times per set.  
Do 1-2 sets per session.  
Do 1 sessions per day.

