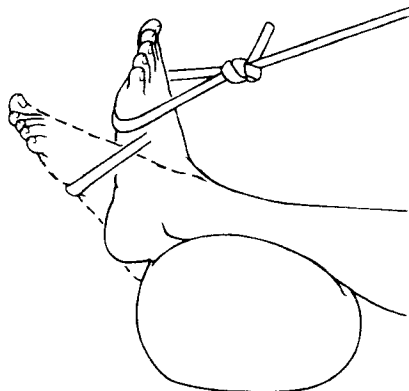
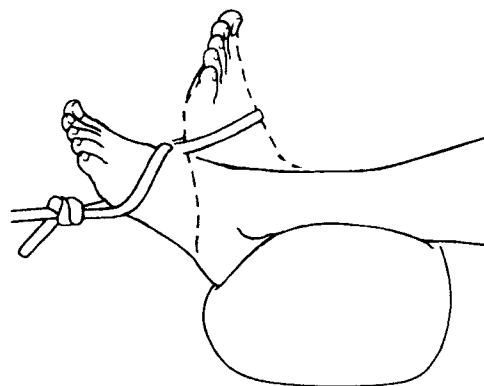


ANKLE / FOOT - 6 Plantar Flexion: Resisted



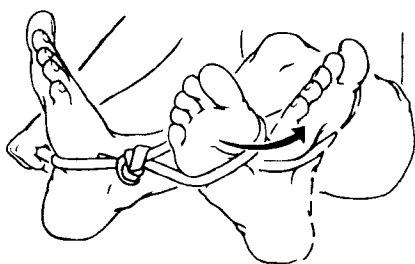
Anchor behind, tubing around right foot, press down.  
Repeat 10 times per set. Do 2-3 sets per session.  
Do 1 sessions per day.

ANKLE / FOOT - 5 Dorsiflexion: Resisted



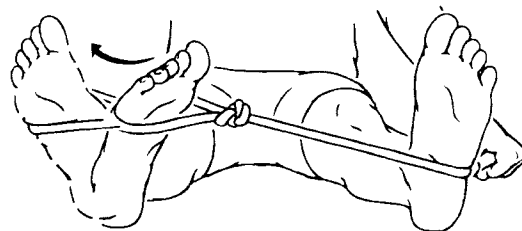
Facing anchor, tubing around right foot, pull toward face.  
Repeat 10 times per set. Do 2-3 sets per session.  
Do 1 sessions per day.

ANKLE / FOOT - 7 Inversion: Resisted



Cross legs with right 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 - 8 Eversion: Resisted



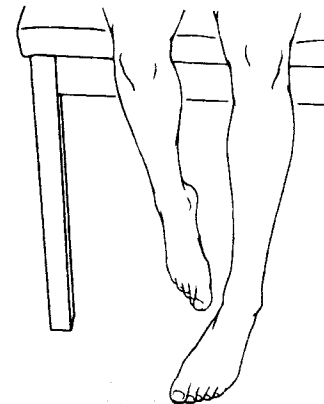
With right foot in tubing loop, hold tubing around other foot  
to resist and turn foot out.  
Repeat 10 times per set. Do 2-3 sets per session.  
Do 1 sessions per day.

ANKLE / FOOT - 10 Toe Curl: Unilateral



With right foot resting on towel, slowly bunch up towel by  
curling toes.  
Repeat 10 times per set. Do 2-3 sets per session.  
Do 1 sessions per day.

ANKLE / FOOT - 9 Ankle Alphabet

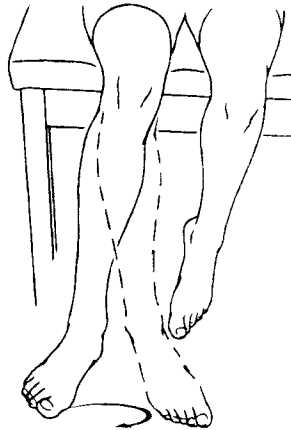


Using right ankle and foot  
only, trace the letters of the  
alphabet. Perform A to Z.

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

ANKLE / FOOT - 16 Ankle Circles

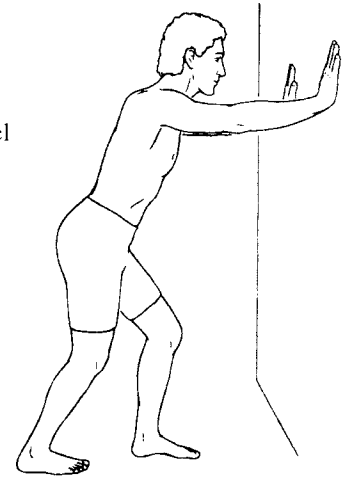
Slowly rotate right foot and ankle clockwise then counterclockwise. Gradually increase range of motion. Avoid pain.



Circle 10 times each direction per set.  
Do 2-3 sets per session.  
Do 1 sessions per day.

ANKLE / FOOT - 13 Soleus Stretch

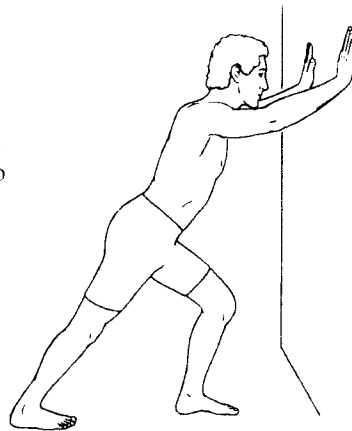
Stand with right foot back, both knees bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in lower calf. Hold 10 seconds.



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

ANKLE / FOOT - 14 Gastroc Stretch

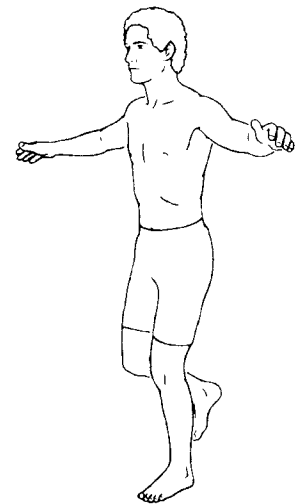
Stand with right foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf. Hold 10 seconds.



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

ANKLE / FOOT - 15 Balance: Unilateral

Attempt to balance on left leg, eyes open. Hold 10-15 seconds.

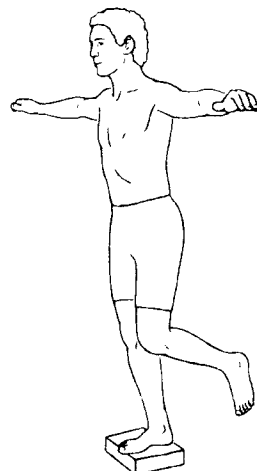


Repeat 10 times per set.  
Do 2-3 sets per session.  
Do 1 sessions per day.

\_\_\_ Perform exercise with eyes closed.

ANKLE / FOOT - 26  
Balance: Unilateral – Foam

Eyes open, balance with right leg on dense foam. Hold 10 seconds.



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

\_\_\_ Perform exercise with eyes closed.