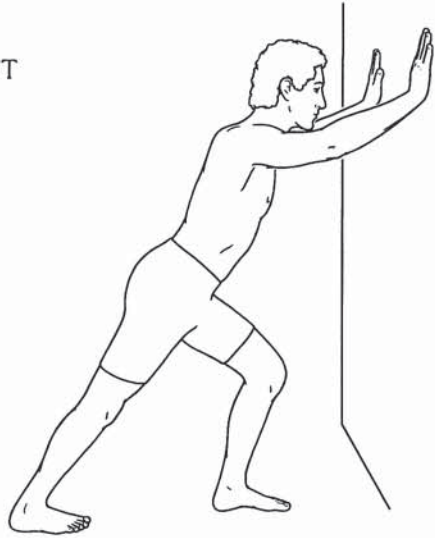


ANKLE - FOOT

ANKLE / FOOT - 14 Gastroc Stretch

Stand with RIGHT / LEFT foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf.

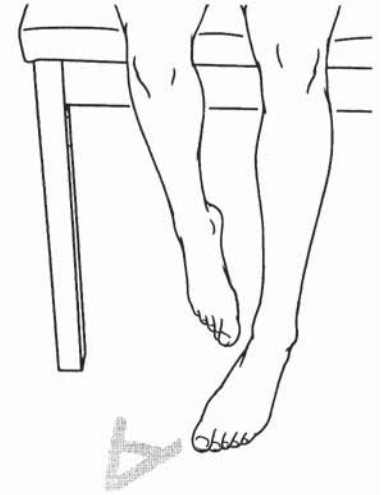
Hold 15 seconds.
Repeat 2 times per set.
Do 2 sets per session.
Do 1 sessions per day



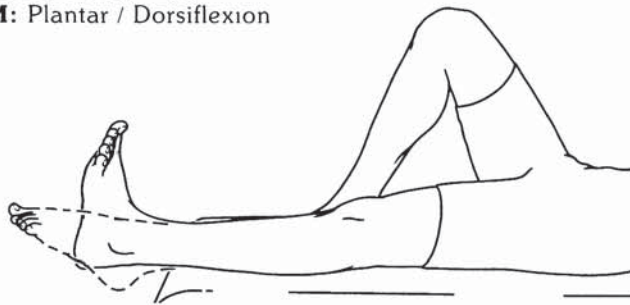
ANKLE / FOOT - 9 Ankle Alphabet

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

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



ANKLE / FOOT - 18 ROM: Plantar / Dorsiflexion



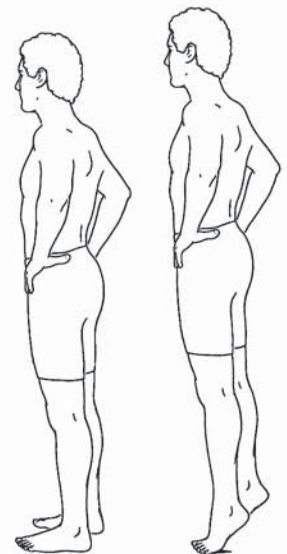
With RIGHT / LEFT leg relaxed, gently flex and extend ankle. Move through full range of motion. Avoid pain.

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

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

Rise on balls of feet.

Repeat 18-20 times per set
Do 2 sets per session
Do 1 sessions per day



ANKLE / FOOT - 32 PROM: Ankle Plantar / Dorsiflexion

Gently grasp RIGHT / LEFT foot and bend foot and ankle up and down.

Hold each position 15 seconds.
Repeat 2 times per set
Do 2 sets per session.
Do 1 sessions per day



Have someone else move foot

ANKLE - FOOT

ANKLE / FOOT - 6

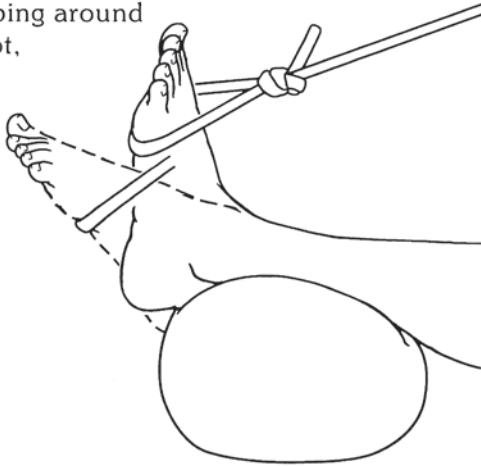
Plantar Flexion: Resisted

Anchor behind, tubing around
RIGHT / LEFT foot,
press down.

Repeat 10-20
times per set

Do 2 sets
per session

Do 1 sessions
per day



ANKLE / FOOT - 5

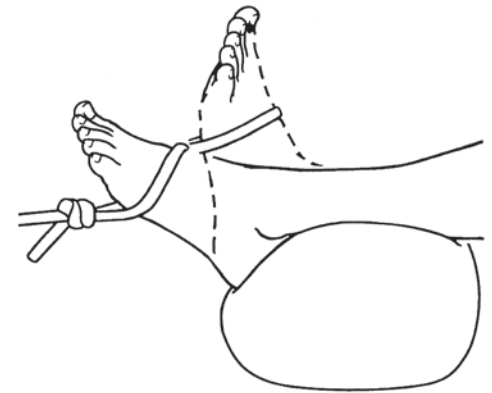
Dorsiflexion: Resisted

Facing anchor, tubing around RIGHT / LEFT foot,
pull toward face.

Repeat 10-20
times per set.

Do 2 sets
per session.

Do 1 sessions
per day



ANKLE / FOOT - 7

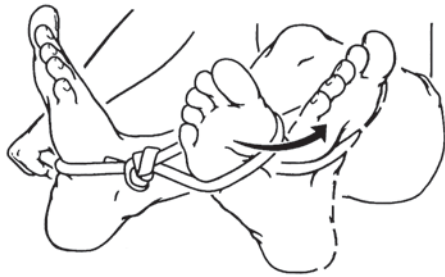
Inversion: Resisted

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

Repeat 10-20
times per set

Do 2 sets
per session.

Do 1 sessions
per day



ANKLE / FOOT - 8

Eversion: Resisted

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

Repeat 10-20 times per set. Do 2 sets per session

Do 1 sessions per day

