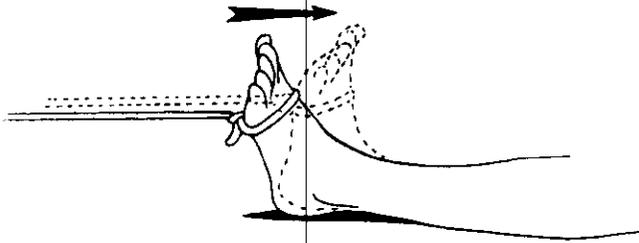


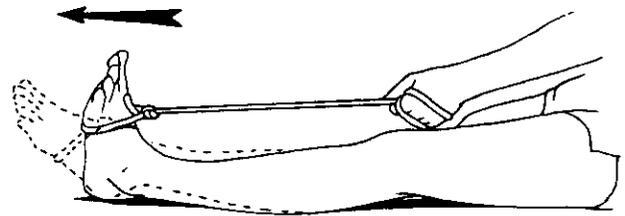
ANKLE / FOOT - 5  
Resisted Dorsiflexion



With tubing anchored in door jamb, pull foot toward face. Return slowly to starting position. Relax.

Repeat 30 times. Do \_\_\_\_\_ sessions per day.

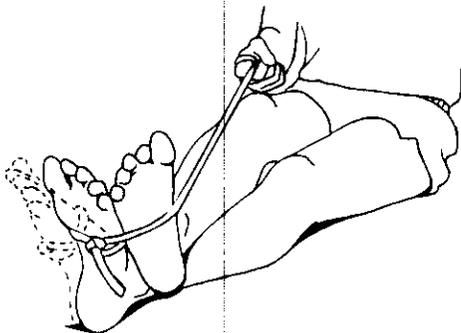
ANKLE / FOOT - 6  
Resisted Plantar Flexion



With tubing around foot, press foot downward.

Repeat 30 times. Do \_\_\_\_\_ sessions per day.

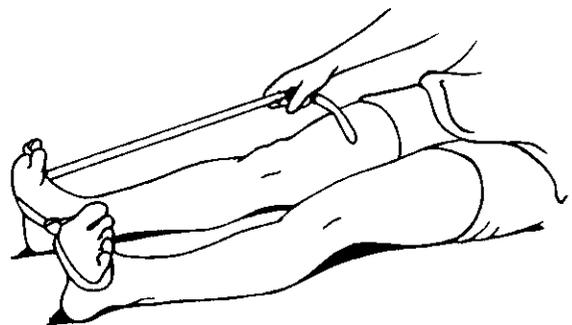
ANKLE / FOOT - 7  
Resisted Inversion



Cross legs with involved ankle underneath. With tubing anchored around uninvolved foot, slowly turn foot inward.

Repeat 30 times. Do \_\_\_\_\_ sessions per day.

ANKLE / FOOT - 8  
Resisted Eversion

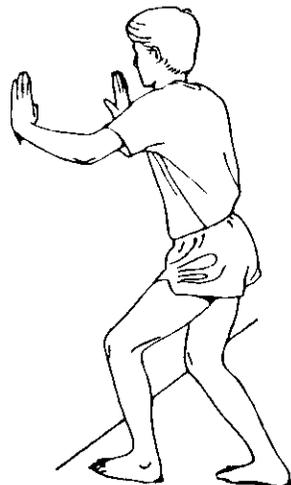


With tubing anchored around uninvolved foot, slowly turn involved foot outward.

Repeat 30 times. Do \_\_\_\_\_ sessions per day.

ANKLE / FOOT - 13  
Soleus Stretch

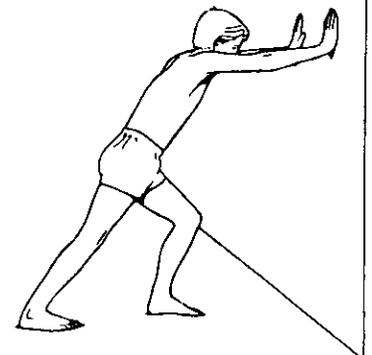
Stand with both knees bent and involved foot back. Keeping heel on floor and turned slightly outward, gently lean into wall until stretch is felt in lower calf. Hold 15-20 seconds.



Repeat 6 times.  
Do \_\_\_\_\_ sessions per day.

ANKLE / FOOT - 14  
Gastroc Stretch

Stand with involved foot back, and leg straight. Keeping heel on floor and turned slightly outward, gently lean into wall until stretch is felt in calf. Hold 15-20 seconds.



Repeat 6 times.  
Do \_\_\_\_\_ sessions per day.

ANKLE / FOOT - 15  
One-Foot Balance

Attempt to balance on involved leg. Begin with eyes open, then try to perform exercise with eyes closed. Hold 60 seconds.

Repeat \_\_\_\_\_ times per set.  
Do 5 sets per session.  
Do \_\_\_\_\_ sessions per day.

