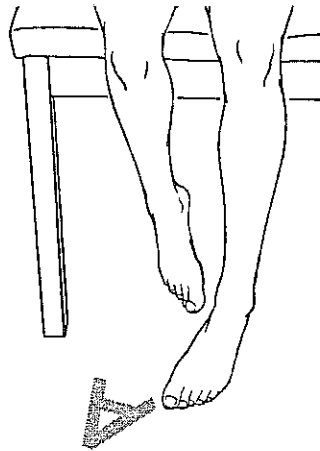


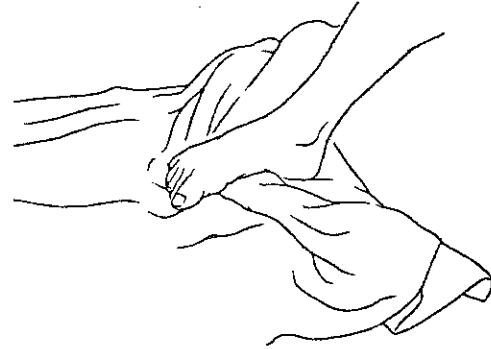
ANKLE / FOOT - 9 Ankle Alphabet

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



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

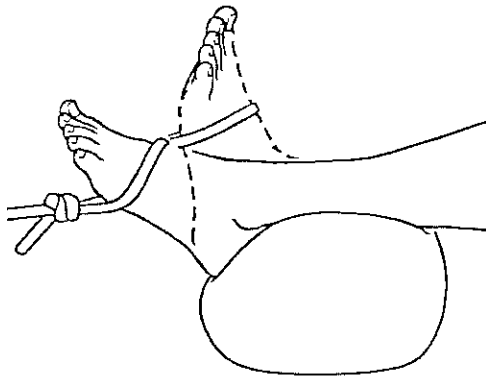
ANKLE / FOOT - 10 Toe Curl: Unilateral



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

Repeat 5 times per set. Do 3 sets per session.
Do 3 sessions per day.

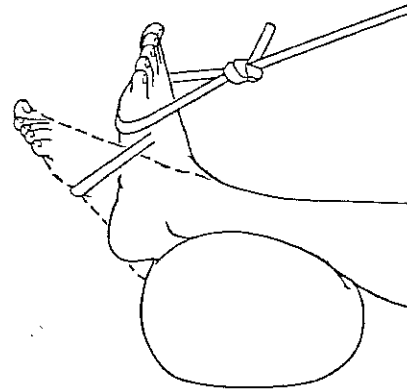
ANKLE / FOOT - 5 Dorsiflexion: Resisted



Facing anchor, tubing around left foot, pull toward face.

Repeat 8-15 times per set. Do 3 sets per session.
Do 3 sessions per day.

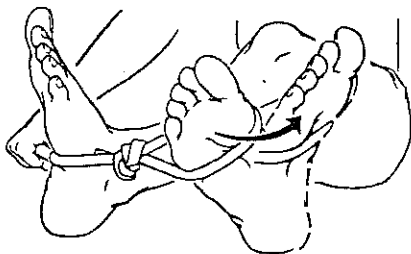
ANKLE / FOOT - 6 Plantar Flexion: Resisted



Anchor behind, tubing around left foot, press down.

Repeat 8-15 times per set. Do 3 sets per session.
Do 3 sessions per day.

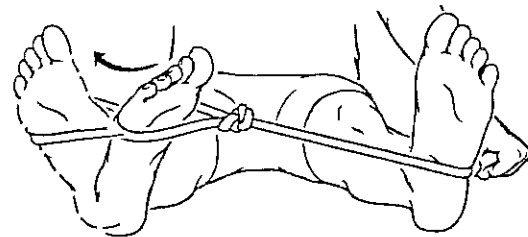
ANKLE / FOOT - 7 Inversion: Resisted



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

Repeat 8-15 times per set. Do 3 sets per session.
Do 3 sessions per day.

ANKLE / FOOT - 8 Eversion: Resisted

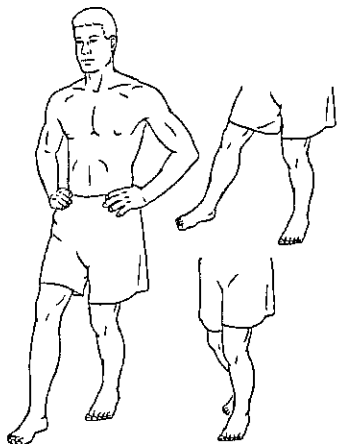


With right foot in tubing loop, hold tubing around other foot to resist and turn foot out.

Repeat 8-15 times per set. Do 3 sets per session.
Do 3 sessions per day.

ANKLE / FOOT - 44 Balance: Three-Way Leg Swing

Stand on left foot, hands on hips. Reach other foot forward 10 times, sideways 10 times, back 10 times. Hold each position 3 seconds. Relax.

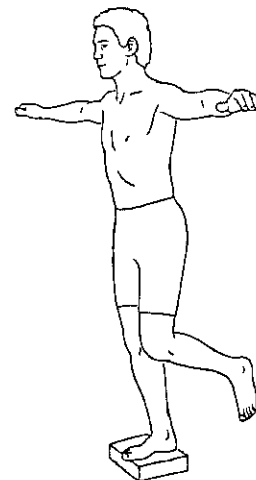


Repeat 1 times per set.
Do 3 sets per session.
Do 3 sessions per day.

ANKLE / FOOT - 26
Balance: Unilateral – Foam

Eyes open, balance with right leg on dense foam. Hold 60 seconds.

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



Perform exercise with eyes closed.