

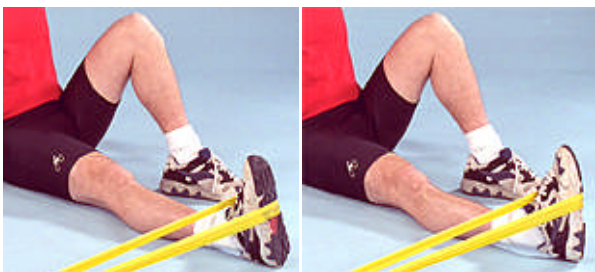
Ankle Dorsi Flexion

Seated on floor with one leg straight out in front. Tubing attached in front of body at ankle level and placed around top of foot. Pull toes back towards body. Repeat.

Sets:	1-2
Reps:	15-20
Weight:	
Hold:	2-5 sec
Rest:	30-60 sec
2 x/daily	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Ankle Inversion

Sit on floor with leg straight out in front and place tubing around mid foot. Attach tubing at floor level (table leg). Tip foot inward bending at the ankle. Avoid rotating the foot or pointing the toes.

Sets:	1-2
Reps:	15-20
Weight:	
Hold:	2-5 sec
Rest:	30-60 sec
2 x/daily	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Ankle Eversion

Seated on floor with leg extended out in front. Place tubing around forefoot and attach parallel with floor out toward opposite side of body. Start with foot pointed inward and upward. Pull tubing out sideways bending at the ankle. Avoid pointing the toe or rotating at knee. Repeat.

Sets:	1-2
Reps:	15-20
Weight:	
Hold:	2-5 sec
Rest:	30-60 sec
2 x/daily	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Ankle Plantar Flexion Isometric

Seated with one leg straight out in front. Hold tubing on lap and place under ball of foot. Push toe away from body only with enough force to tighten calf muscle and hold contraction. Repeat.

Sets:	1-2
Reps:	15-20
Weight:	
Hold:	2-5 sec
Rest:	30-60 sec
2 x/daily	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



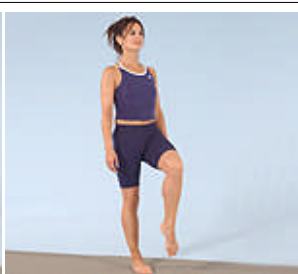
Heel Raise - Bilateral

Standing, raise up onto tip toes. Lower and repeat. Move with control and maintain abdominal hollow and postural alignment.

Sets:	1
Reps:	Goal of 20 reps
Weight:	
Hold:	5-10 sec
Rest:	30-60
2 x/daily	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



One Legged Standing

Standing in readiness position, close to a wall or within a doorway. Raise one leg up in front and hold balanced.

Sets:	
Reps:	1-2 min
Weight:	
Hold:	30 sec.
Rest:	
5 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes: