

ANKLE/FOOT - 1 Isometric Plantar Flexion



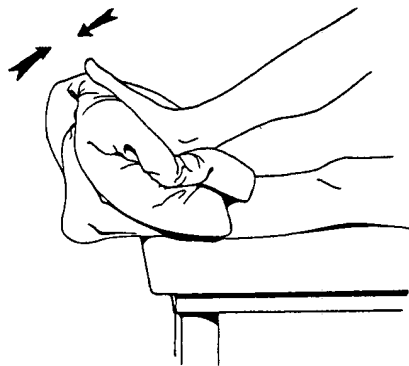
With rolled pillow against wall, press foot into pillow.

Hold _____ seconds. Relax. Repeat _____ times.

Do _____ sessions per day.

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ANKLE/FOOT - 2 Isometric Dorsiflexion



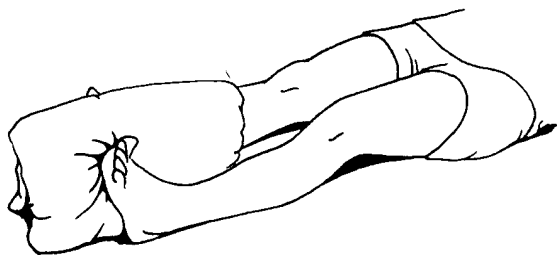
With rolled pillow between feet, squeeze feet together.

Hold _____ seconds. Relax. Repeat _____ times.

Do _____ sessions per day.

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ANKLE/FOOT - 4 Isometric Inversion



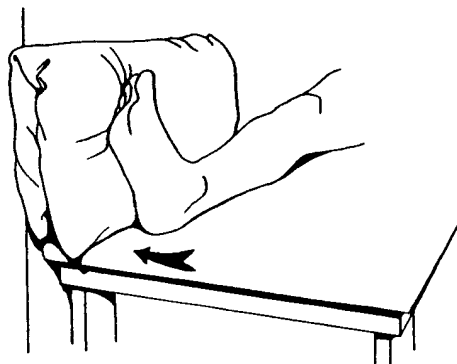
With rolled pillow between feet, press inner borders of feet into pillow.

Hold _____ seconds. Relax. Repeat _____ times.

Do _____ sessions per day.

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ANKLE/FOOT - 3 Isometric Eversion



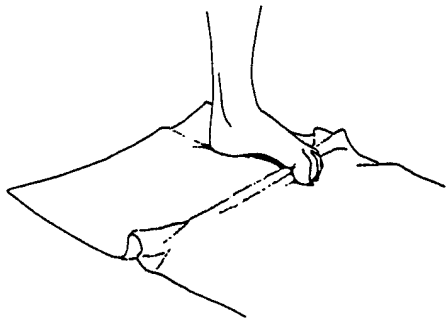
With rolled pillow against wall, press outer border of foot into pillow.

Hold _____ seconds. Relax. Repeat _____ times.

Do _____ sessions per day.

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ANKLE/FOOT - 10 Single Leg Toe Curling



With foot resting on towel, slowly bunch towel up as you curl toes.

Repeat _____ times. Do _____ sessions per day.

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