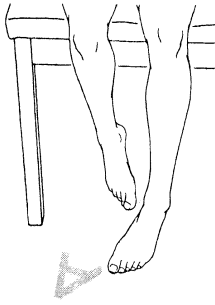


ANKLE / FOOT - 9 Ankle Alphabet

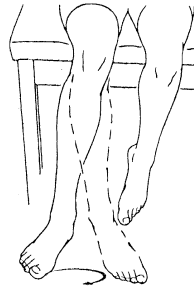
Using **right** ankle and foot only, trace the letters of the alphabet. Perform A to Z.



Repeat 20 times per set.
Do 5 sets per session.
Do 3 sessions per day.

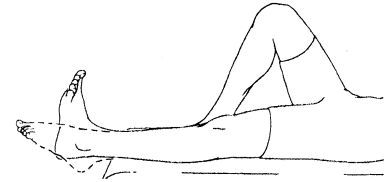
ANKLE / FOOT - 16 Ankle Circles

Slowly rotate **right** foot and ankle clockwise then counterclockwise. Gradually increase range of motion. Avoid pain.



Circle 20 times each direction per set.
Do 5 sets per session.
Do 3 sessions per day.

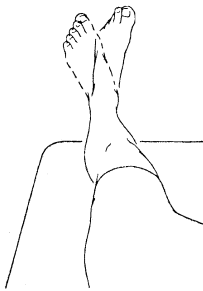
ANKLE / FOOT - 18 ROM: Plantar / Dorsiflexion



With **right** leg relaxed, gently flex and extend ankle. Move through full range of motion. Avoid pain.
Repeat 20 times per set. Do 5 sets per session.
Do 3 sessions per day.

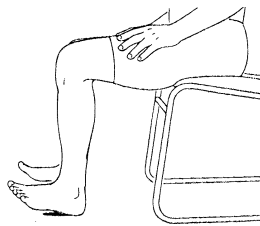
ANKLE / FOOT - 19 ROM: Inversion / Eversion

With **right** leg relaxed, gently turn ankle and foot in and out. Move through full range of motion. Avoid pain.



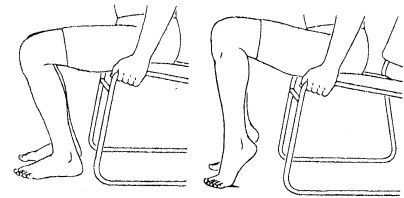
Repeat 20 times per set.
Do 5 sets per session.
Do 3 sessions per day.

ANKLE / FOOT - 24 Toe Raise (Sitting)



Raise toes, keeping heels on floor.
Repeat 20 times per set. Do 5 sets per session.
Do 3 sessions per day.

ANKLE / FOOT - 23 Heel Raise (Sitting)



Raise heels, keeping toes on floor.
Repeat 20 times per set. Do 5 sets per session.
Do 3 sessions per day.

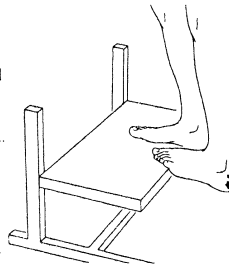
ANKLE / FOOT - 11 Toe Curl: Bilateral



With both feet resting on towel, slowly bunch up towel by curling toes. Hold 5 seconds.
Repeat 20 times per set. Do 5 sets per session.
Do 3 sessions per day.

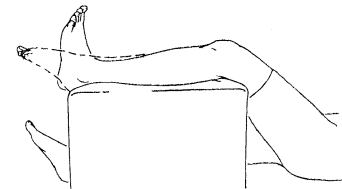
ANKLE / FOOT - 12 Plantar Fascia Stretch

Standing with only ball of **right** foot on stair, push heel down until stretch is felt through arch of foot. Hold 10 seconds. Relax.



Repeat 20 times per set.
Do 5 sets per session.
Do 3 sessions per day.

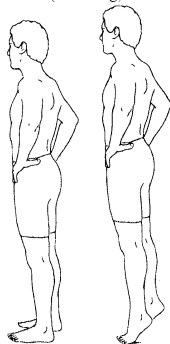
ANKLE / FOOT - 17 Ankle Pump



With **right** leg elevated, gently flex and extend ankle. Move through full range of motion. Avoid pain.
Repeat 20 times per set. Do 5 sets per session.
Do 3 sessions per day.

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

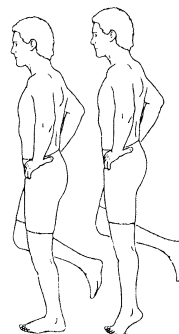
Rise on balls of feet.



Repeat 20 times per set.
Do 5 sets per session.
Do 3 sessions per day.

ANKLE / FOOT - 21 Heel Raise: Unilateral (Standing)

Balance on **right** foot, then rise on ball of foot.



Repeat 20 times per set.
Do 5 sets per session.
Do 3 sessions per day.

ANKLE / FOOT - 42 Dorsiflexion: Self-Mobilization (Sitting)

Feet flat, other foot forward, slide **right** foot back until gentle stretch is felt. Keep entire foot on floor. Hold _____ seconds. Relax.

Repeat 20 times per set.
Do 5 sets per session.
Do 3 sessions per day.

