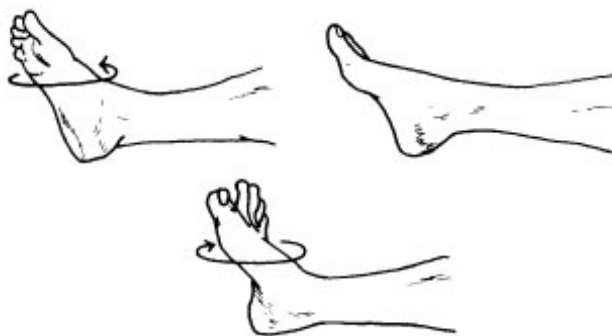


Ankle Exercise

1. With toes relaxed, move foot at the ankle up and in, then down, then up and out. _____ sets _____ reps _____ per day



2. Move foot at the ankle up as far as possible then point toes down as far as possible. _____ sets _____ reps _____ per day



3. Curl toes down, then straighten toes and pull them toward you. _____ sets _____ reps _____ per day



4. Sit in chair with involved leg crossed over other leg. With imaginary pencil between toes, trace the alphabet in 6 inch letters. _____ sets _____ reps _____ per day

5. Walk on tiptoes. Walk on heels. _____ sets _____ reps _____ per day

6. With foot on the towel, heel off the edge of the towel, push towel outwards with a sweeping motion.

_____ sets _____ reps
_____ per day



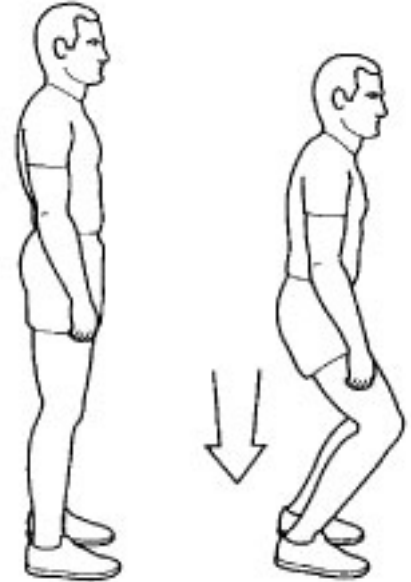
7. Position as above #6 push towel inward with a sweeping motion.

_____ sets _____ reps
_____ per day



10. FORWARD LUNGES
Hands on hips, stand upright, step forward 2-3 feet and allow front knee to

_____ sets _____ reps
_____ per day



8. Position as above #6 curl toes and pull towel towards you. sets reps per day

6. Position as above # 6 push towel inward with a sweeping motion.

_____ sets _____ reps
_____ per day



9. ONE QUARTER SQUATS

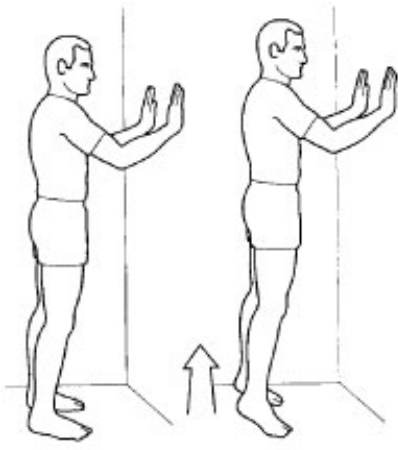
Stand with your feet shoulders width apart. Keep your back upright. Bend knees over toes. Keep your heels in contact with floor. *Avoid bending knees inward.

_____ sets _____ reps
_____ per day

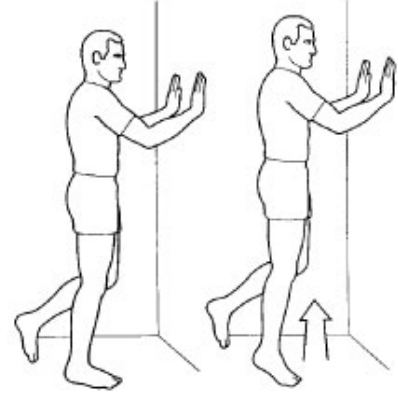


11. ONE LEG BALANCE
Stand and balance on involved leg. Increase time up to 2 minutes.

_____ sets _____ reps
_____ per day

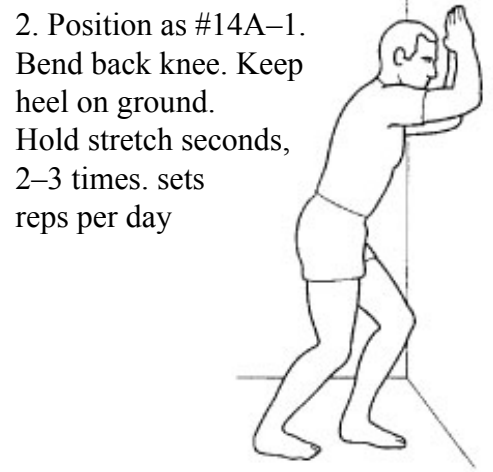
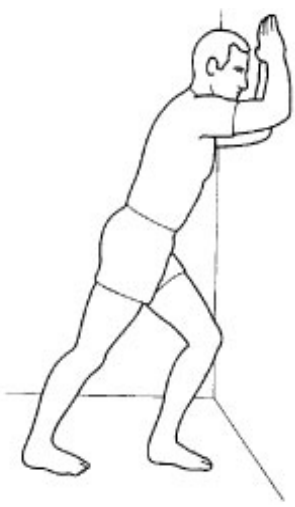


12. TOE RAISES
 Stand with your feet shoulder width apart. Raise up onto your toes as high as possible.
 _____ sets _____ reps
 _____ per day



13. One Leg Toe Raises
 Stand on involved leg. Raise up onto your toes as high as possible.
 _____ sets _____ reps
 _____ per day

14A. CALF STRETCH
 1. Stand with elbows resting on wall. Uninvolved leg bent in front at 90° angle. Involved leg straight with heel on ground and toes toward front wall. Hold seconds, 2-3 times per day.



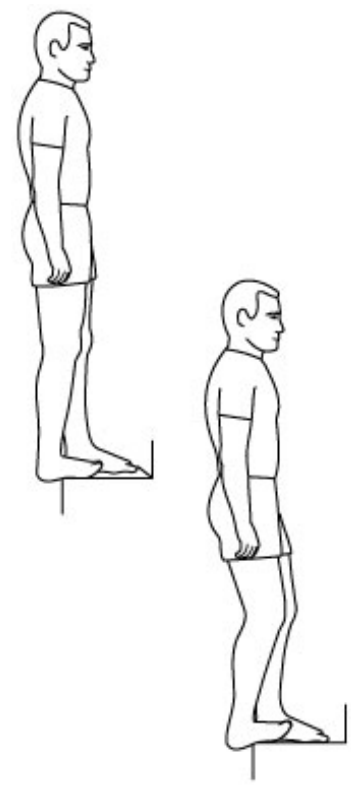
2. Position as #14A-1. Bend back knee. Keep heel on ground. Hold stretch seconds, 2-3 times. sets reps per day

_____ or _____

14B. CALF STRETCH OFF A STEP

1. Uninvolved leg on step, ball of foot on same step. Lower heel. Hold stretch _____ seconds, 2-3 times. _____ sets _____ reps per day

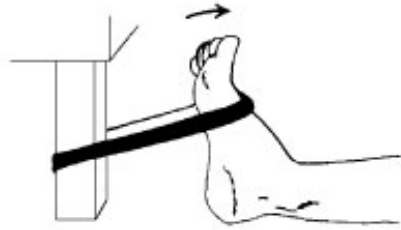
2. Same position as #14B-1. Bend involved leg with heel off step. Hold stretch _____ second, 2-3 times. _____ sets _____ reps per day



WITH ELASTIC TUBING
(RESISTIVE)

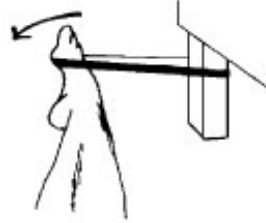
15. Place loop tubing under table leg. Sitting on floor with leg straight, place tubing around toes and bend ankle toward you.

_____ sets _____ reps
_____ per day



16. Sit sideways to table, twist ankle in direction of big toe.

_____ sets _____ reps
_____ per day



17. Reverse position, place foot as illustrated, and twist ankle in direction of the little toe.

_____ sets _____ reps
_____ per day

