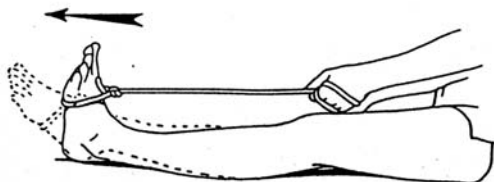


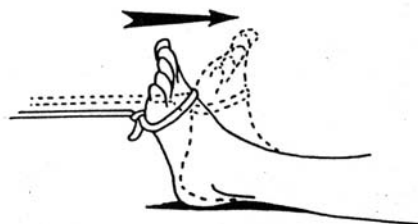
ANKLE/FOOT HOME EXERCISE PROGRAM

ANKLE/FOOT – 6 Resisted Plantar Flexion



With tubing around foot, press foot down.
Repeat 30 times. Do 2 sessions per day.

ANKLE/FOOT – 5 Resisted Dorsiflexion



With tubing anchored in doorjamb, pull foot toward face.
Return slowly to starting position. Relax.
Repeat 30 times. Do 2 sessions per day.

ANKLE/FOOT – 8 Resisted Eversion



With tubing anchored around uninvolved foot, slowly turn involved foot outward. Repeat 30 times. Do 2 sessions per day.

ANKLE/FOOT – 7 Resisted Inversion



Cross legs with involved ankle underneath. With tubing anchored around uninvolved foot, slowly turn involved foot inward. Repeat 30 times. Do 2 sessions per day.

- Perform one session of these exercises in the A.M., one in the P.M.
- Ice the injured body part 15 – 20 minutes after these exercises.
- Exercises should be somewhat challenging. If too easy, increase tension on tubing. If too difficult, decrease tension

If any of these exercises cause pain, stop performing them and contact our office. Rubber tubing may be purchased inexpensively at most physical therapy facilities and major sporting goods outlets.