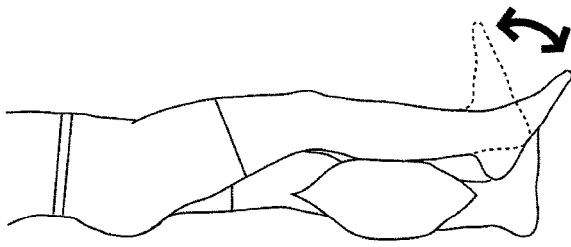


AROM ankle DF/PF (elevated ankle pumps)



- Lie on back with foot elevated up on pillow.
- Move foot up and down, pumping the ankle.

Special Instructions:  
Good Exercise for night time.

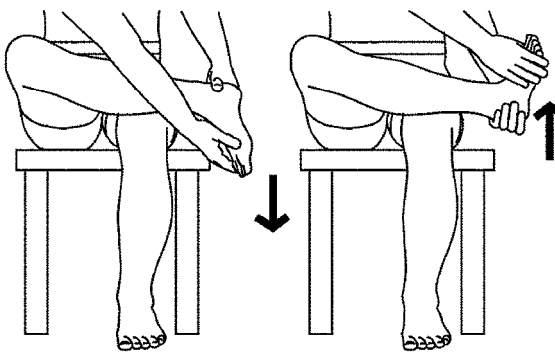
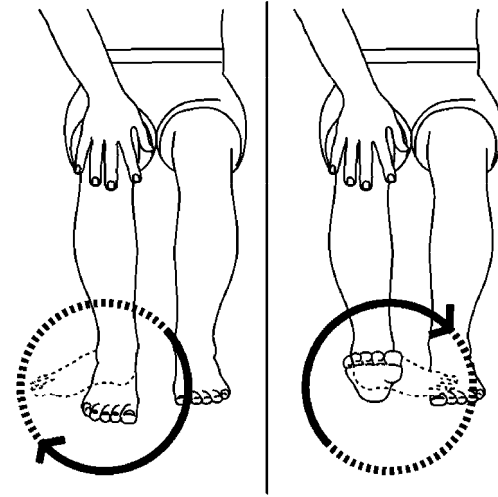
Perform 3 sets of 10 Repetitions,  
once a day.

AROM ankle circum

- Sit with knee bent.
- Move foot in circles clockwise.
- Move foot in circles counterclockwise.

Special Instructions:  
Be sure leg or knee does not move, insure motion occurs at ankle.

Perform 3 sets of 10 Repetitions,  
once a day.



PROM ankle inv/ever self

- Sit with leg crossed.
- Hold heel with one hand, ball of foot with other.
- Gently move foot back and forth, through available range as shown.

Perform 1 set of 10 Repetitions,  
once a day.

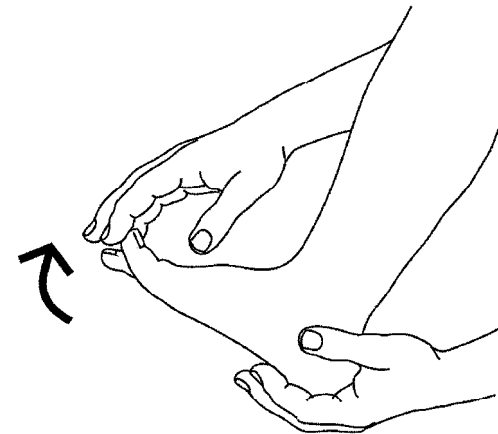
Hold exercise for 10 Seconds.

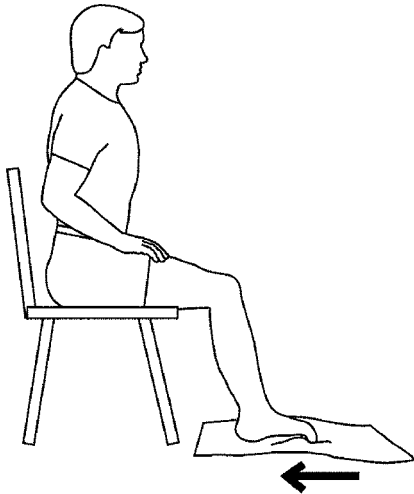
Stretch great toe flexor

- Sit, grasp heel with one hand.
- Pull up on big toe with other hand.
- Do the big toe first, then other 4 toes at the same time.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 10 Seconds.





#### AROM toe fix w/towel

- Sit in chair.
- Place towel on floor.
- Keep heel on ground.
- Pull towel towards you using the toes only.

#### Special Instructions:

Use Dish Towel on a smooth surface.

Perform 3 sets of 10 Repetitions,  
once a day.

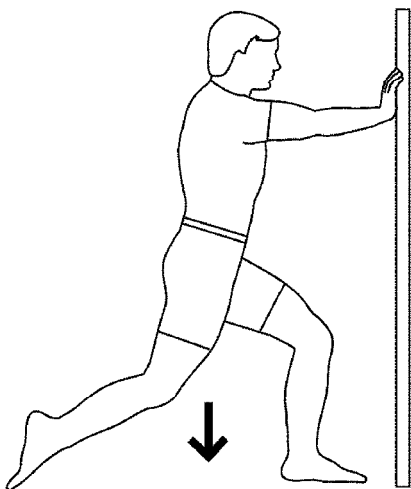
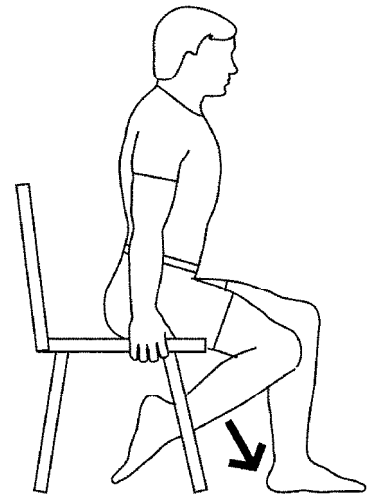
Use Towel.

#### Stretch ankle PF sitting

- Sit in chair.
- Place top of involved foot down as shown.
- Slowly sit forward in chair, pushing down on foot until stretch is felt.
- Relax and repeat.

Perform 1 set of 10 Repetitions,  
twice a day.

Hold exercise for 10 Seconds.



#### Stretch ankle PF stand

- Stand at wall.
- Place top of involved foot down, toes pointed, as shown.
- Slowly lower body until stretch is felt in front of foot.
- Hold, relax and repeat.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 10 Seconds.

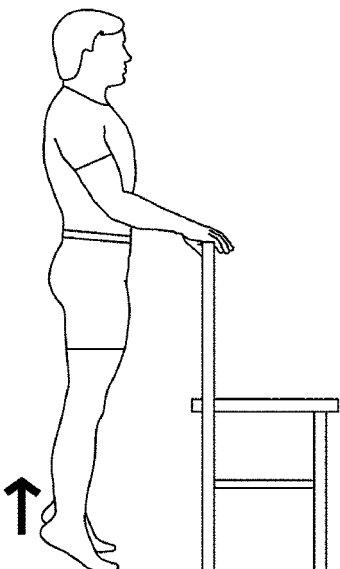
AROM ankle PF bil stand

- Stand, using chair for balance.
- Raise up on toes, through full range.
- Return to start position and repeat.

Special Instructions:

Also do toes turned in and toes turned out.

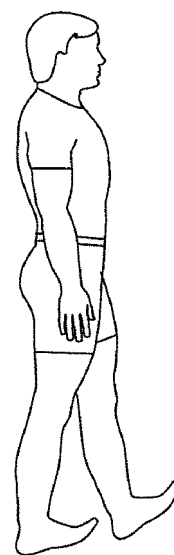
Perform 3 sets of 10 Repetitions,  
once a day.



AROM gait heel walk

- Lift up balls of feet.
- Stay on heels, keeping knees straight and walk in a straight line.

Perform 2 sets of 1 Minute,  
once a day.



Resist ankle ever uni sit w/elastic

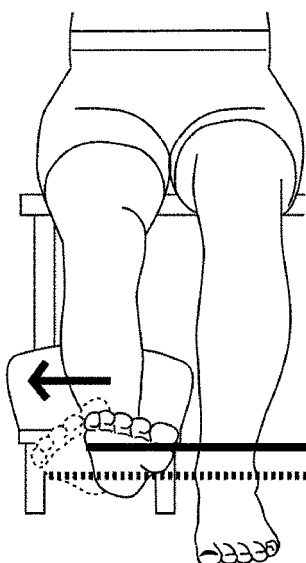
- Sit with knee straight, calf supported, as shown.
- Attach elastic to secure object and loop around forefoot.
- Pull forefoot outward against elastic.
- Return to start position and repeat.

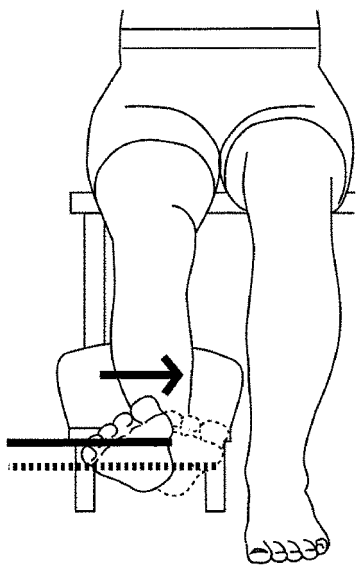
Special Instructions:

Do not allow leg to rotate.

Perform 3 sets of 10 Repetitions,  
once a day.

Use black Elastic.  
Hold exercise for 2 Seconds.





Resist ankle inv w/elastic

- Sit with knee straight, calf supported, as shown.
- Attach elastic to secure object and loop around forefoot.
- Pull forefoot inward against elastic.
- Return to start position and repeat.

Special Instructions:

Do not allow leg to rotate.

Perform 3 sets of 10 Repetitions,  
once a day.

Use black Elastic.  
Hold exercise for 2 Seconds.

Resist ankle PF uni w/ elastic

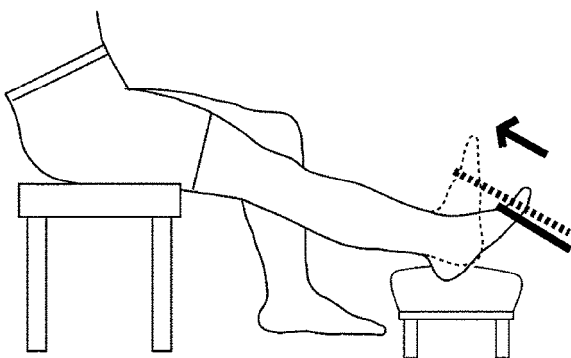
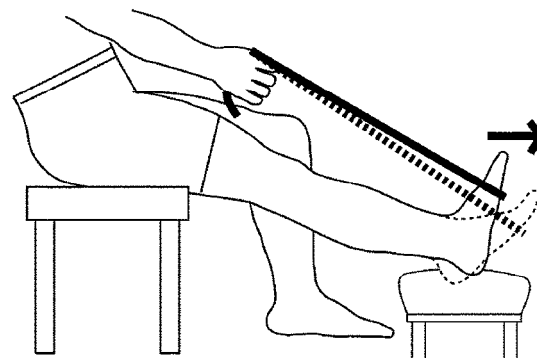
- Sit with foot supported as shown.
- Place elastic around ball of foot.
- Push against elastic.
- Return to start position and repeat.

Special Instructions:

Come back slowly. Do not let the tubing yank the foot back.

Perform 3 sets of 10 Repetitions,  
once a day.

Use black Elastic.  
Hold exercise for 2 Seconds.



Resist ankle DF w/elastic

- Sit as shown, knee straight, calf supported.
- Attach elastic to secure object and loop around forefoot.
- Pull foot toward shin, against elastic.
- Return to start position and repeat.

Perform 3 sets of 10 Repetitions,  
once a day.

Use black Elastic.  
Hold exercise for 2 Seconds.