

Perform daily to every other day

Start with 1 set of 10, built to 3 sets of 10 as exercises become easier



ANKLE Range of motion

While in a seated position, move your ankle in the following patterns

- ABC's
- Up/down
- Side-to-side
- Circles

Complete 1 set Hold 1 minute



TOWEL CURLS - TOWEL SCRUNCHES

While seated, use a towel and draw it back towards you using your toes. Curl your toes inward.

Be sure to keep your heel in contact with the floor the entire time.

Complete 1 set Repeat 10 times



TOWEL SLIDES - INVERSION

While seated, use a towel and slide it with your foot across the floor in an inward direction.

Be sure to keep your heel in contact with the floor the entire time.

Modification: Add light weight to end of towel

Complete 1 set Repeat 10 times



MARBLE/PENCIL PICK UPS

Place several marbles, dice or other small items on the floor and pick them up using your toes as shown. Place them in a cup or bowl and repeat.

Complete 1 set



4-Way Ankle - TB

4-way Ankle PF/DF/IV/EV

4 movements against TB - slow and controlled

PF - loop band around foot and hold other end of band; push foot downward

DF - loop band around foot and use other leg as leverage for tension. Bend involved knee so heel is on table; pull foot upward

IV - loop band around foot and corner of table as leverage for tension; push foot inward

EV - loop band around foot and use other leg as leverage for tension; push foot outward

Complete 1 set Repeat 10 times

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DOUBLE LEG HEEL RAISES - CALF RAISES - STANDING

While standing, raise up on your toes as you lift your heels off the ground.

Complete 1 set Repeat 10 times

7



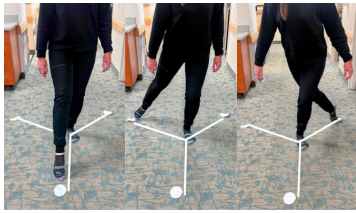
STANDING HEEL RAISES - CALF RAISES - UNILATERAL

While standing on one leg, raise up on your toes as you lift your heel off the ground.

Complete 1 set Repeat 10 times

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Y-BALANCE & REACH - BAREFOOT



While balancing on one leg, reach forward with opposite leg and touch heel to ground. Reach back and to the left and touch toe to ground. Reach back and to the right and touch toe to ground. Maintain slight bend knee on leg that you are balancing with and don't allow knee to cross midline. Start on hard floor, progress to carpet, grass, pillow, foam pad.

Complete 1 set Repeat 10 times