

Comment:

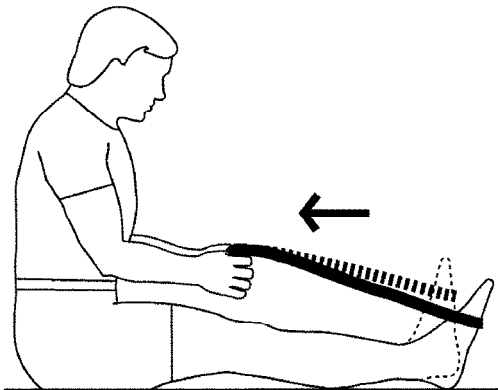
Ice Ankle for 20 minutes after exercises.

Stretch Gastroc sit w/towel

- Sit as shown, looping towel around ball of foot.
- Gently and steadily pull on towel, keeping knee straight.

Perform 1 set of 10 Repetitions,
once a day.

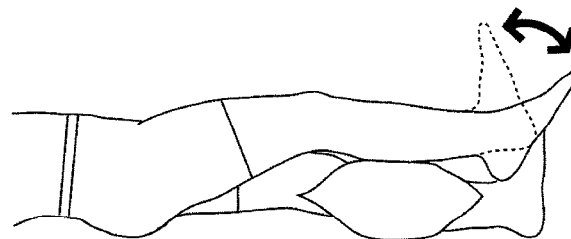
Hold exercise for 10 Seconds.



AROM ankle DF/PF (elevated ankle pumps)

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

Perform 3 sets of 10 Repetitions,
once a day.



AROM ankle alphabet

- Slowly move foot, spelling the alphabet.
- Do not let hip or knee move.

Perform 1 set,
once a day.



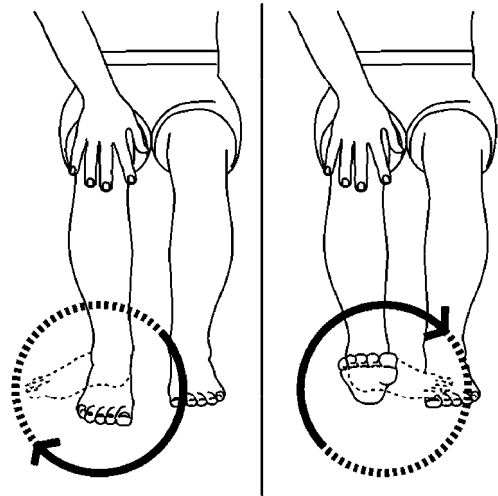
AROM ankle circum

- 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.



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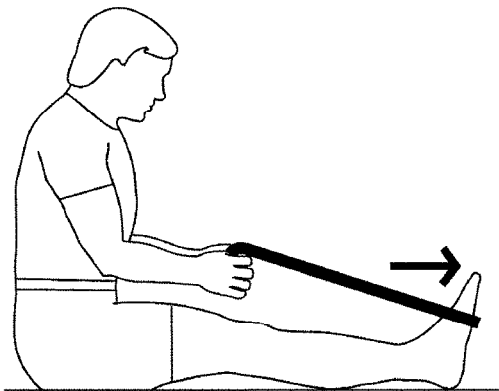
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Iso ankle PF

- Sit with leg straight as shown.
- Loop towel around ball of foot.
- Push against towel, not allowing foot to move, while keeping knee straight.

Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 10 Seconds.



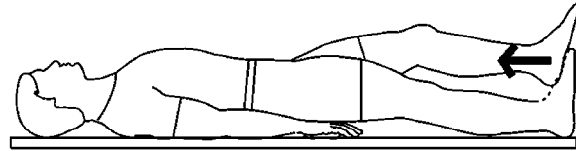
Iso ankle DF

- Place uninvolved foot on top of involved foot.
- Push upward with involved foot, not allowing it to move.

Special Instructions:
Do Not Hold Breath.

Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 10 Seconds.



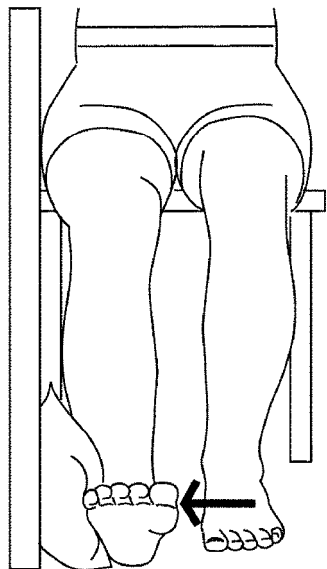
Iso ankle ever

- Sit with outside of foot against wall.
- Place pillow or towel between foot and wall.
- Push against wall outward as shown.

Special Instructions:
Do Not Hold Breath.

Perform 1 set of 10 Repetitions,
once a day.

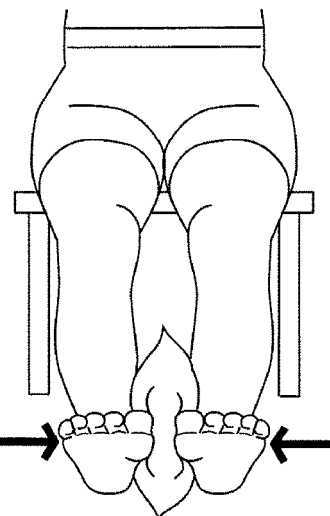
Hold exercise for 10 Seconds.



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Iso ankle inv

- Sit with pillow between feet as shown.
- Push feet inward as shown.

Special Instructions:
Do Not Hold Breath.

Perform 1 set of 10 Repetitions,
once a day.

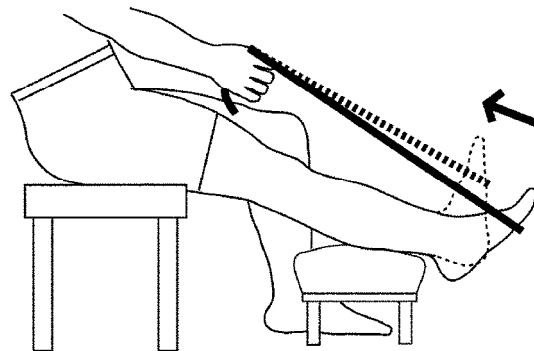
Hold exercise for 10 Seconds.

AAROM ankle DF w/elastic

- Sit as shown, knee straight, calf supported.
- Grasp elastic and loop around ball of foot.
- Move foot toward shin, allowing elastic to assist.
- Return to start position and repeat.

Perform 3 sets of 10 Repetitions,
once a day.

Use Black Elastic.



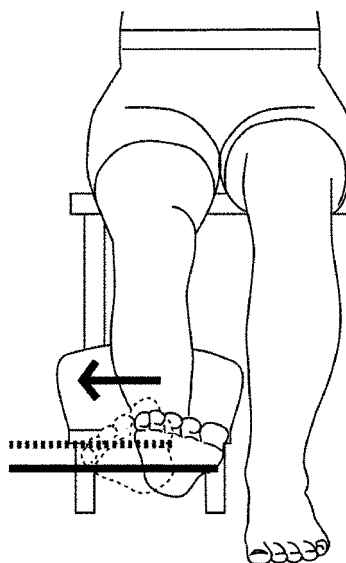
AAROM ankle ever w/elastic

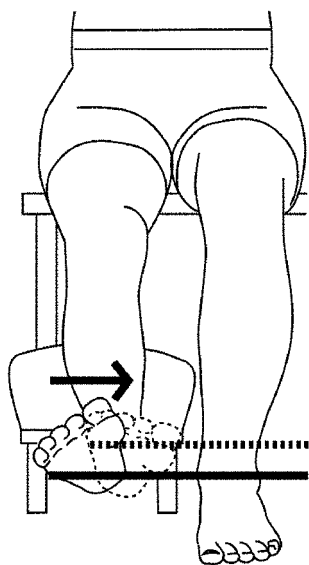
- Sit as shown, knee straight, calf supported.
- Attach elastic to secure object and loop around forefoot.
- Move forefoot outward, allowing elastic to assist.
- Return to start position and repeat.

Special Instructions:
Do not allow leg to rotate.

Perform 3 sets of 10 Repetitions,
once a day.

Use Black Elastic.





AAROM ankle inv w/elastic

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

Special Instructions:

Do not allow leg to rotate.

Perform 3 sets of 10 Repetitions,
once a day.

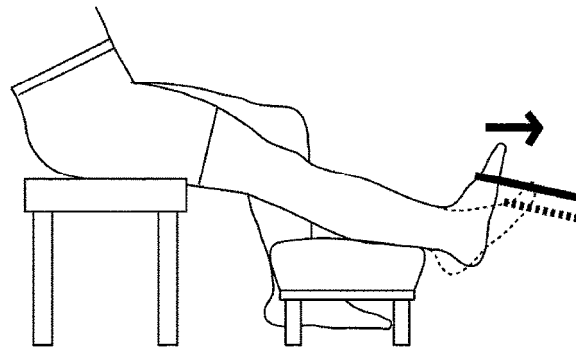
Use Black Elastic.

AAROM ankle PF w/elastic

- Sit as shown, knee straight, calf supported.
- Attach elastic to secure object and loop around forefoot.
- Push foot away from shin, allowing elastic to assist.
- Return to start position and repeat.

Perform 3 sets of 10 Repetitions,
once a day.

Use Black Elastic.



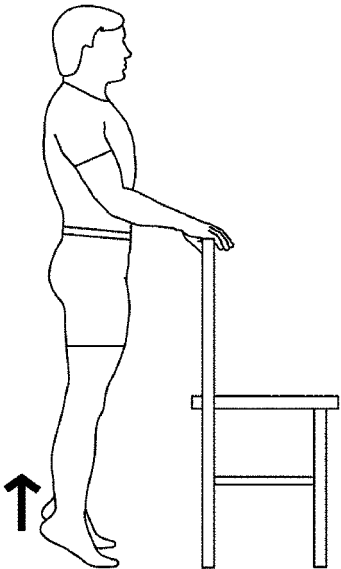
AROM ankle PF bil stand

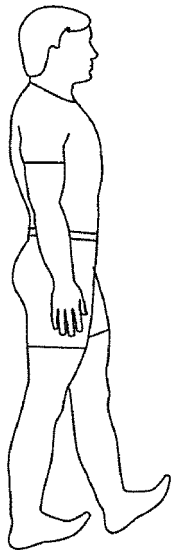
- Stand, using chair for balance.
- Raise up on toes, through full range.
- Return to start position and repeat.

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.

AROM vestib standing balance static

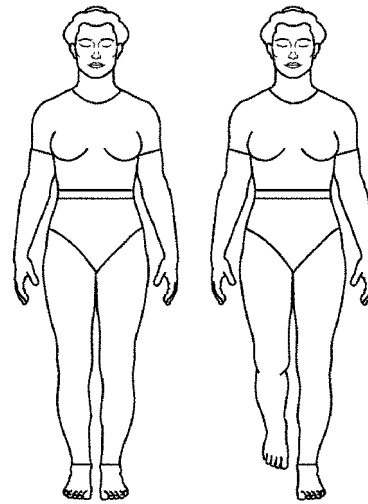
- Stand with both feet.
- When this can be done without loss of balance, close the eyes.
- When this can be done without loss of balance, stand on one leg.

Special Instructions:

Stand in doorway.

Perform 1 set of 5 Repetitions,
once a day.

Hold exercise for 20 Seconds.



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