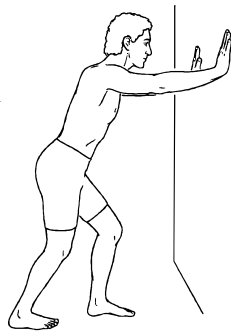


ANKLE / FOOT - 13 Soleus Stretch

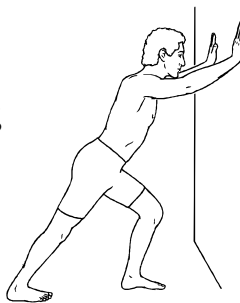
Stand with **right** foot back, both knees bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in lower calf. Hold 10-15 seconds.



Repeat 3 times per set.
 Do 1 sets per session.
 Do 1-3 sessions per day.

ANKLE / FOOT - 14 Gastroc Stretch

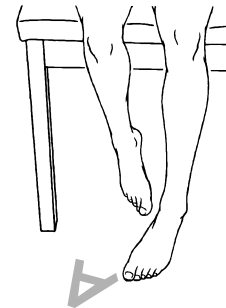
Stand with **right** foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf. Hold 10-15 seconds.



Repeat 3 times per set.
 Do 1 sets per session.
 Do 1-3 sessions per day.

ANKLE / FOOT - 9 Ankle Alphabet

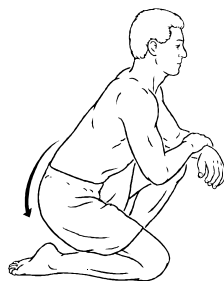
Using **left** ankle and foot only, trace the letters of the alphabet. Perform A to Z.



Repeat 1 times per set.
 Do 3 sets per session.
 Do 1-3 sessions per day.

ANKLE / FOOT - 39 Ankle Plantar Flexion: Self-Mobilization (Kneeling)

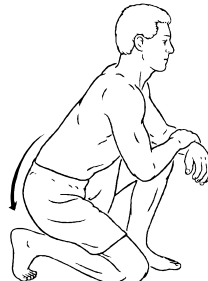
With **right** foot pointed behind, slowly lean down and back until gentle stretch is felt. Hold 10-15 seconds. Relax.



Repeat 3 times per set.
 Do 1 sets per session.
 Do 1-3 sessions per day.

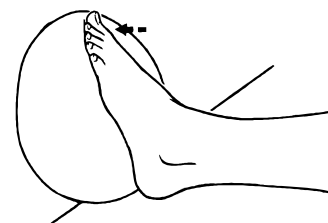
ANKLE / FOOT - 40 Toe Extension / Ankle Dorsiflexion: Self-Mobilization (Kneeling)

On **right** knee and toes, lean down and back until gentle stretch is felt. Hold 10-15 seconds. Relax.



Repeat 3 times per set.
 Do 1 sets per session.
 Do 1-3 sessions per day.

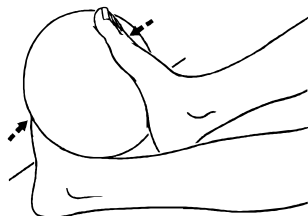
ANKLE / FOOT - 1 Plantar Flexion: Isometric



Press **left** foot into ball or rolled pillow against wall. Hold 5 seconds. Relax.

Repeat 3 times per set. Do 3 sets per session.
 Do 1-3 sessions per day.

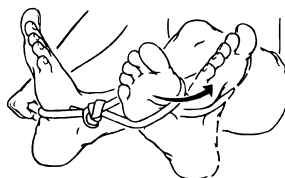
ANKLE / FOOT - 2 Dorsiflexion: Isometric



With ball or rolled pillow between feet, squeeze feet together. Hold 5 seconds. Relax.

Repeat 3 times per set. Do 3 sets per session.
 Do 1-3 sessions per day.

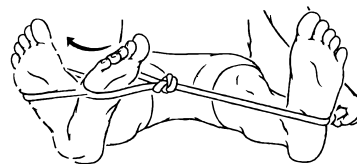
ANKLE / FOOT - 7 Inversion: Resisted



Cross legs with **right** leg underneath, foot in tubing loop. Hold tubing around other foot to resist and turn foot in.

Repeat 12-15 times per set. Do 3 sets per session.
 Do 1-3 sessions per day.

ANKLE / FOOT - 8 Eversion: Resisted

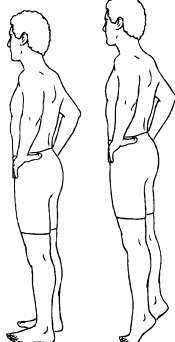


With **right** foot in tubing loop, hold tubing around other foot to resist and turn foot out.

Repeat 12-15 times per set. Do 3 sets per session.
 Do 1-3 sessions per day.

ANKLE / FOOT - 20 Heel Raise: Bilateral (Standing)

Rise on balls of feet.



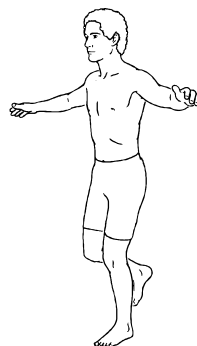
Repeat 5-10 times per set.
 Do 3 sets per session.
 Do 1-3 sessions per day.

ANKLE / FOOT - 15 Balance: Unilateral

Attempt to balance on **left** leg, eyes open. Hold 3-10 seconds.

Repeat 3 times per set.
 Do 1 sets per session.
 Do 1-3 sessions per day.

— Perform exercise with eyes closed.



ANKLE / FOOT - 26 Balance: Unilateral - Foam

Eyes open, balance with **right** leg on dense foam. Hold 3-10 seconds.

Repeat 3 times per set.
 Do 1 sets per session.
 Do 1-3 sessions per day.

— Perform exercise with eyes closed.

