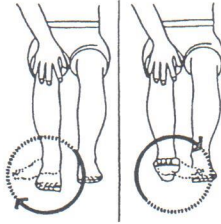


Ankle Strengthening

AROM Ankle Circum

Special Instructions

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



- Stand with knee bent.
- Move foot in circles clockwise.
- Move foot in circles counterclockwise.
- Perform 3 sets of 10 repetitions, once a day
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.

AROM Ankle 4-Way

- Sit with leg supported as shown.
- Move foot to left, then to right.
- Move foot toward shin, then downward.
- Repeat.
- Perform 3 sets of 10 repetitions, once a day and progress as tolerated
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.



Resist Ankle Ever Uni Sit w/ Elastic

Special Instructions

Do not allow leg to rotate.
Use green elastic.

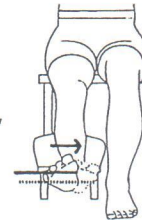


- Sit with knee straight, calf supported, as shown.
- Attach elastic to secure object and loop around forefoot.
- Pull forefoot outward against elastic.
- Return to start position and repeat.
- Perform 3 sets of 10 repetitions, once a day
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.

Resist Ankle INV w/ Elastic

Special Instructions

Do not allow leg to rotate.
Use green elastic.

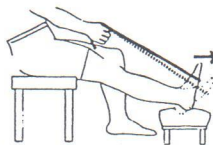


- Sit with knee straight, calf supported, as shown.
- Attach elastic to secure object and loop around forefoot.
- Pull forefoot inward against elastic.
- Return to start position and repeat.
- Perform 3 sets of 10 repetitions, once a day and progress as tolerated
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.

Resist Ankle PF Uni w/ Elastic

Special Instructions

Use green elastic.

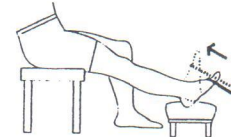


- Sit with foot supported as shown.
- Place elastic around ball of foot.
- Push against elastic.
- Return to start position and repeat.
- Perform 3 sets of 10 repetitions, once a day
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.

Resist Ankle DF w/ Elastic

Special Instructions

Use green 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
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.

Signature _____

These exercises are to be used only under the direction of a licensed, qualified professional.

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