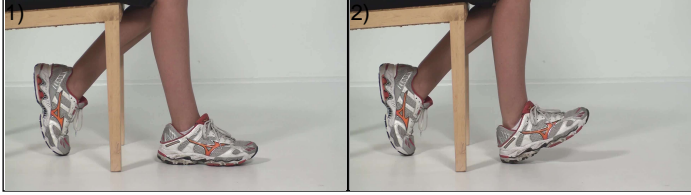


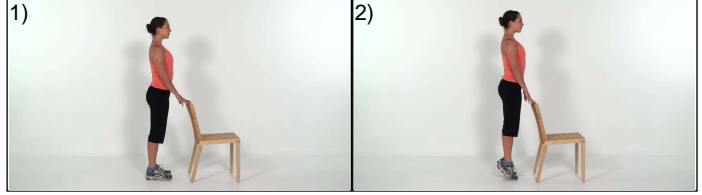
AROM ankle DF uni sit



- Sit in chair, feet flat on floor.
- Raise involved foot up on heel of foot.
- Lower and repeat.

Perform 1 set of 100 repetition(s), twice a day.

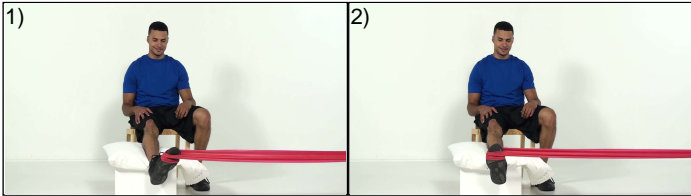
AROM ankle PF bil stand



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

Perform 4 sets of 20 repetition(s), twice 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.

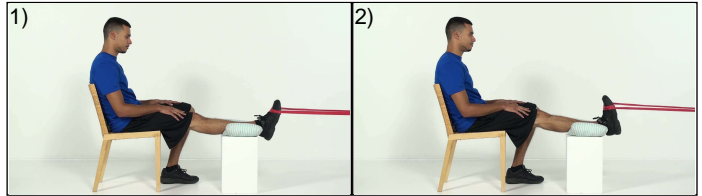
Special Instructions:

Do not allow leg to rotate.

Perform 4 sets of 12 repetition(s), twice a day.

Use Elastic.

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 4 sets of 12 repetition(s), twice a day.

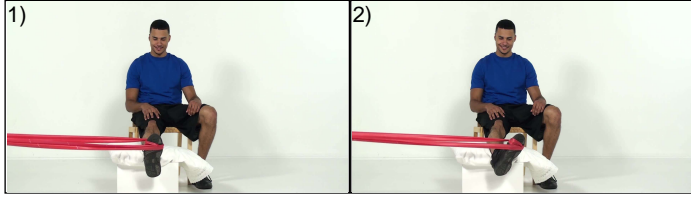
Use Elastic.

Perform 1 repetition every 4 Seconds.

Issued By: Michael Henry

These exercises are to be used only under the direction of a licensed, qualified professional or after consulting your physician.

Resist ankle inv w/elastic

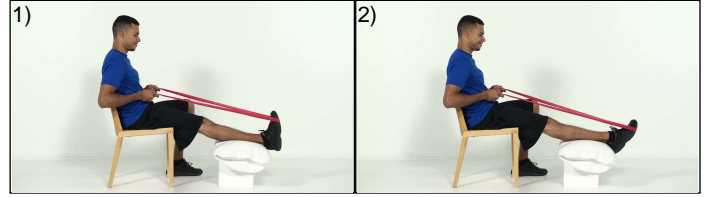


- Sit with knee straight, calf supported, as shown.
- Attach elastic to secure object and loop around forefoot.
- Pull forefoot inward against elastic.
- Return to start position and repeat.

Special Instructions:

Do not allow leg to rotate.  
Perform 4 sets of 12 repetition(s), twice a day.  
  
Use Elastic.  
Perform 1 repetition every 4 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.

Perform 4 sets of 12 repetition(s), twice a day.

Use Elastic.  
Perform 1 repetition every 4 Seconds.

AROM stance uni w/foam eyes open



- Stand on foam square with arms at side.
- Lift one leg and balance on one leg.

Special Instructions:

If needed to maintain balance, lift arms out to sides.  
Perform 4 sets of 30 second(s), twice a day.

Hold exercise for 30 Seconds.  
Rest 30 Seconds between sets.

Issued By: Michael Henry

These exercises are to be used only under the direction of a licensed, qualified professional or after consulting your physician.