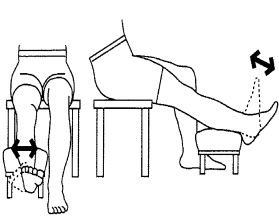
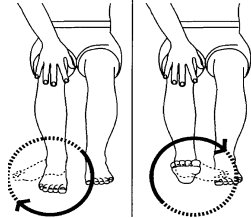


## Ankle Rehabilitation Program

Complete \_\_ sets of \_\_ repetitions \_\_ times a day.



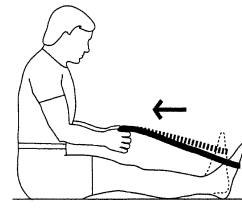
\*Alternate movement from left to right.  
\*Alternate movement toward shin then away.



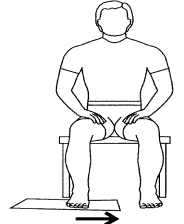
\*Rotate foot in a clockwise motion.  
\*Rotate foot in a counterclockwise motion.



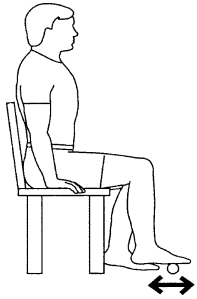
\*Slowly move foot, spelling the alphabet.  
\*Do not let hip or knee move.



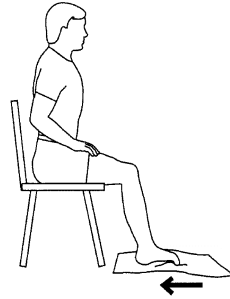
\*Sit as shown, looping towel around ball of foot.  
\*Gently and steadily pull on towel, keeping knee straight.



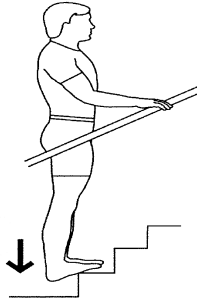
\*Place towel on floor keeping heel on ground directly beside towel.  
\*Slide towel sideways using only foot.



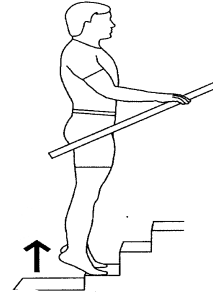
\*Place foot on dowel as shown.  
\*Roll foot forward and backward over dowel.



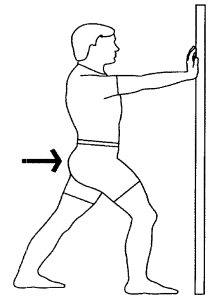
\*Place towel on floor, keeping heel on ground, directly behind towel.  
\*Pull towel towards you using toes only.



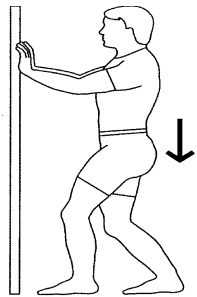
\*Stand with balls of feet on a step, using banister to steady.  
\*Keeping knees slightly bent, gently lower heels.



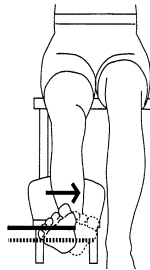
\*Stand on step with both feet, holding on to banister for balance.  
\*Push up on balls of feet and then return to start.



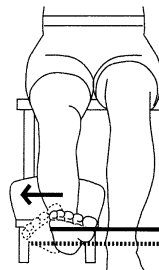
\*Place hands on wall.  
\*Step forward with foot of uninvolved leg, leaning hips toward wall.  
\*Keep rear leg straight with heel on floor.



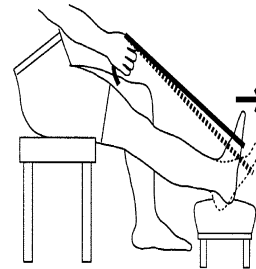
\*Place hands on wall.  
\*Slowly bend knees, keeping heels on floor, until stretch is felt.



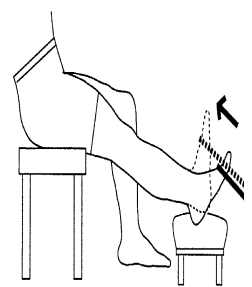
\*Attach elastic to secure object.  
\*Loop elastic around forefoot.  
\*Pull forefoot inward against elastic as shown.



\*Attach elastic to secure object.  
\*Loop elastic around forefoot.  
\*Pull forefoot outward against elastic as shown.



\*Place elastic around ball of foot.  
\*Push down against elastic.



\*Attach elastic to secure object.  
\*Place elastic around forefoot.  
\*Pull foot toward shin against elastic as shown.