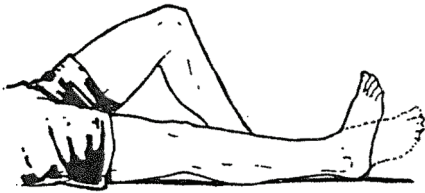


AT-HOME RANGE OF MOTION EXERCISES

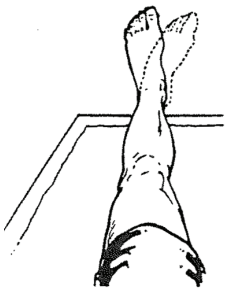
FOOT & ANKLE



1. Plantar/Dorsiflexion

Relax leg. Gently bend and straighten ankle. Move through full range of motion.

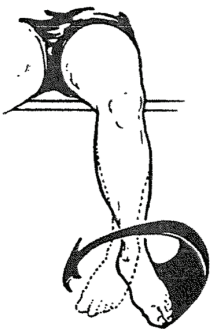
- Do 10 repetitions.
- Repeat 3 times.
- Do 2 sessions per day.



2. Inversion/Eversion

With leg relaxed, gently turn ankle/foot in and out. Move through full range of motion.

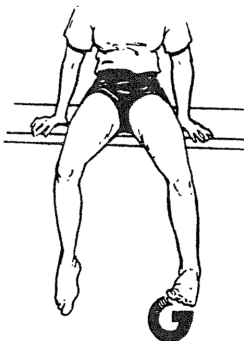
- Do 10 repetitions.
- Repeat 3 times.
- Do 2 sessions per day.



3. Ankle Circles

Slowly rotate foot/ankle clockwise and counter-clockwise. Gradually increase range of motion.

- Do 10 repetitions.
- Repeat 3 times.
- Do 2 sessions per day.



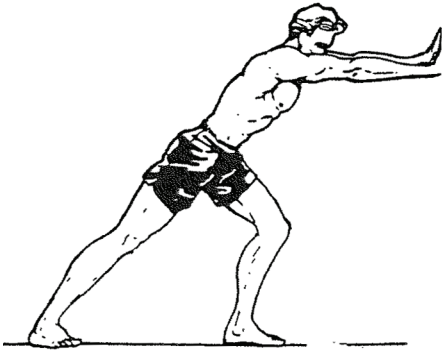
4. Ankle Alphabet

Using your ankle and foot only, trace the letters of the alphabet. Perform A through Z.

- Do 10 repetitions.
- Repeat 3 times.
- Do 2 sessions per day.

AT-HOME RANGE OF MOTION EXERCISES

FOOT & ANKLE



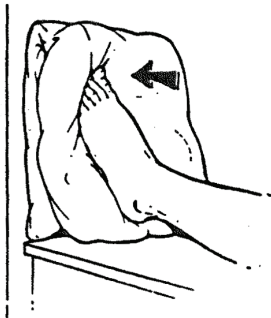
5. Gastroc Stretch

Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf.

- Hold for 10 seconds.
- Do 10 repetitions.
- Repeat 3 times.
- Do 2 sessions per day.

AT-HOME STRENGTHENING EXERCISES

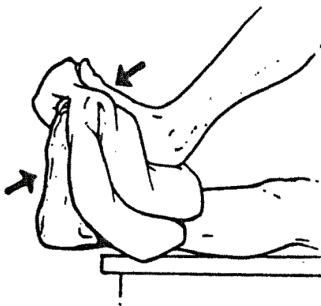
FOOT & ANKLE



1. Isometric Plantar Flexion

With rolled pillow against a wall, press foot into pillow.

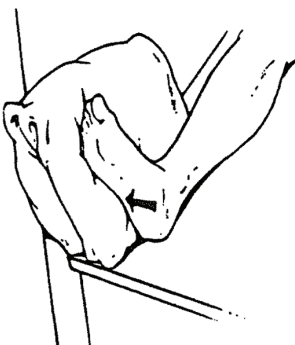
- Do 10 repetitions.
- Repeat 3 times.
- Do 2 sessions per day.



2. Isometric Dorsiflexion

With rolled pillow between feet, squeeze feet together.

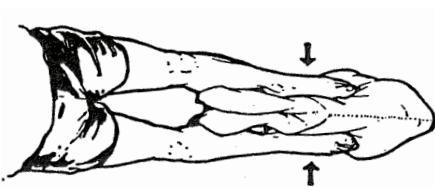
- Do 10 repetitions.
- Repeat 3 times.
- Do 2 sessions per day.



3. Isometric Eversion

With rolled pillow against wall, press outer border of foot into pillow.

- Do 10 repetitions.
- Repeat 3 times.
- Do 2 sessions per day.



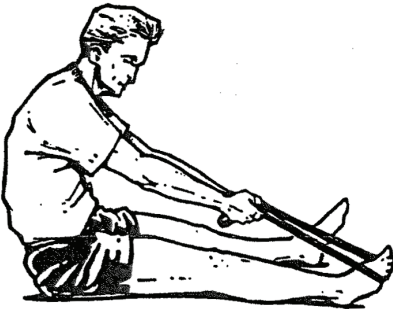
4. Isometric Inversion

With rolled pillow between feet, press inner borders of feet into pillow.

- Do 10 repetitions.
- Repeat 3 times.
- Do 2 sessions per day.

AT-HOME STRENGTHENING EXERCISES

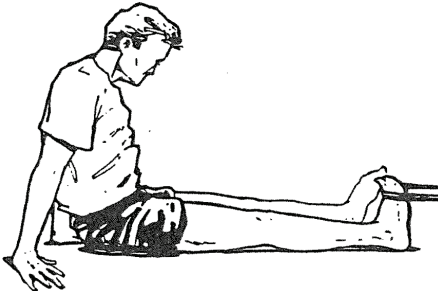
FOOT & ANKLE



5. Plantar Flexion

Hold one end of the elastic band with your hands and loop the other end around the ball of your foot. While pulling the band, push the ball of your foot away from your body.

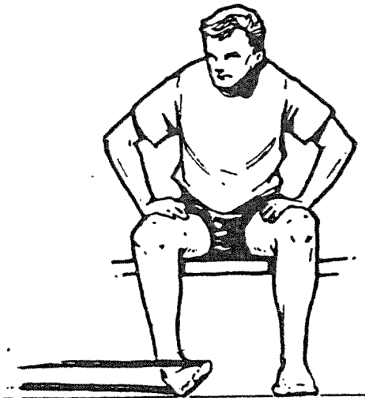
- Hold for 3 counts.
- Do 10 repetitions.
- Repeat 3 times.
- Do 2 sessions per day.



6. Dorsiflexion

Loop one end of the elastic band around a secure object, such as the leg of a table, and the other end around your forefoot. Pull your forefoot backward toward your trunk.

- Hold for 3 counts.
- Do 10 repetitions.
- Repeat 3 times.
- Do 2 sessions per day.



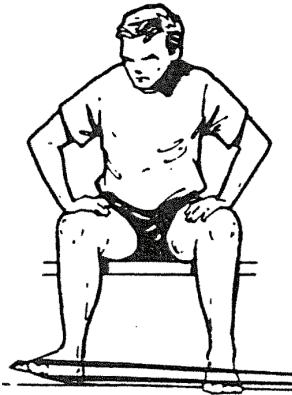
7. Inversion

With the band looped around a secure object, sit in a chair. Keeping your heel on the floor, swing your forefoot inward.

- Hold for 3 counts.
- Do 10 repetitions.
- Repeat 3 times.
- Do 2 sessions per day.

AT-HOME STRENGTHENING EXERCISES

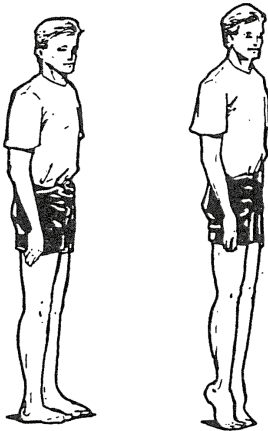
FOOT & ANKLE



8. Eversion

Starting from the same position as in the inversion exercise but with the elastic band in the reverse direction, swing your forefoot outward.

- Hold for 3 counts.
- Do 10 repetitions.
- Repeat 3 times.
- Do 2 sessions per day.



9. Standing Bilateral Heel Rise

Rise on balls of feet.

- Do 10 repetitions.
- Repeat 3 times.
- Do 2 sessions per day.