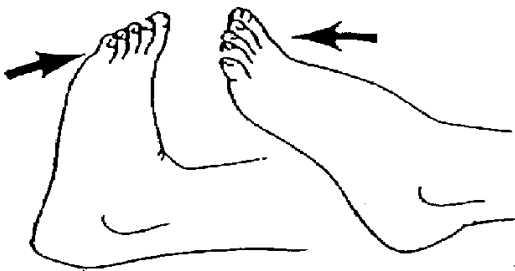
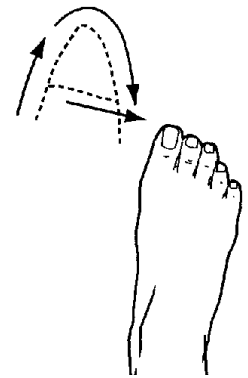


ACTIVE ANKLE & FOOT RANGE OF MOTION EXERCISES

Do each exercise _____ times a day.
Repeat each exercise _____ times.

□ ANKLE ALPHABET

- Moving only your ankle and foot, “write” each letter of the alphabet from A to Z.
- Keep your leg straight.
- Do not bend your knee or hip.
- The letters will start out small and get larger as your ankle motion improves.

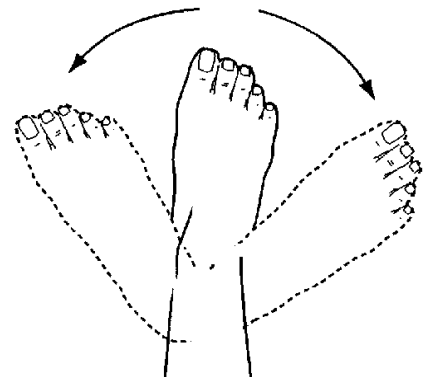


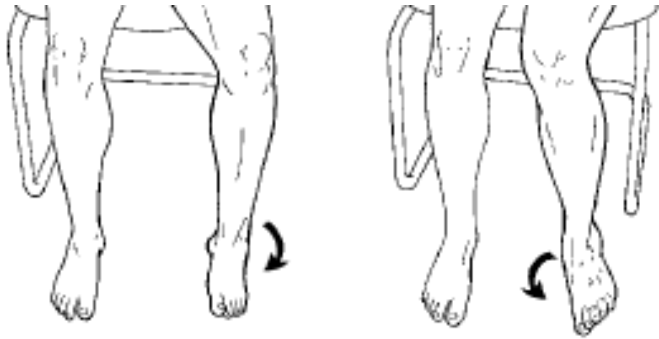
□ ANKLE PUMPS

- Move your foot up and down as if pushing down or letting up on a gas pedal in a car.
- After one week begin using a theraband anchored to a chair leg for resistance.
-

□ ANKLE INVERSION / EVERSION

- Move your foot side to side as if mimicking a windshield wiper.
- Be sure not to move knee while performing exercise
- After one week begin using a theraband anchored to a chair leg for resistance.



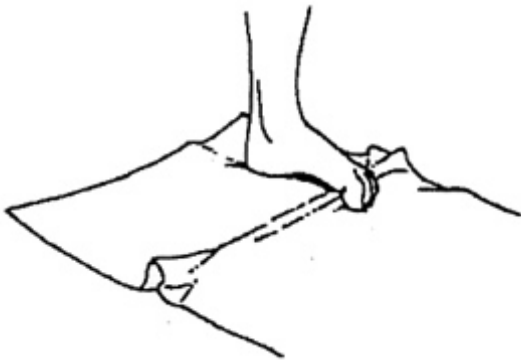


□ ANKLE CIRCLES

- Make circles with your foot.
- Go clockwise then repeat counter clockwise.

□ TOE CURLS

- Moving only your toes, curl and uncurl each digit as far as possible within your pain free range.
- **Option:** Pick-up marbles with toes 1 at a time for 5 minutes.

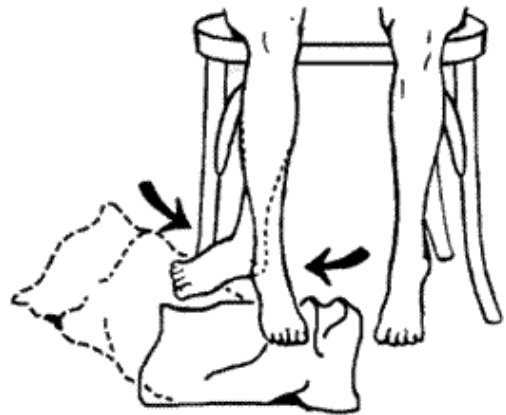


□ TOE CURLS WITH TOWEL

- Bunch up a towel curling your toes

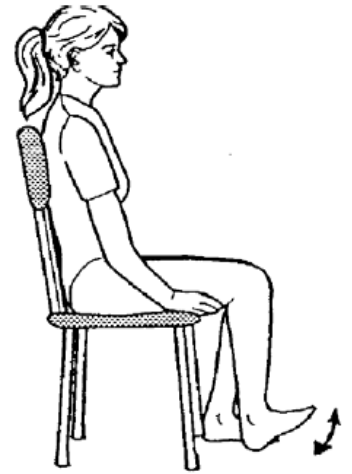
□ TOWEL SLIDES

- Moving only your ankle and keeping your heel planted, slide the towel to the inside, then outside.



□ **SEATED ANKLE DORSIFLEXION**

- Leave your heel on the floor and tap your toes up and down.



□ **SEATED ANKLE PLANTARFLEXION**

- Leave your toes on the floor and lift your heel up and down

