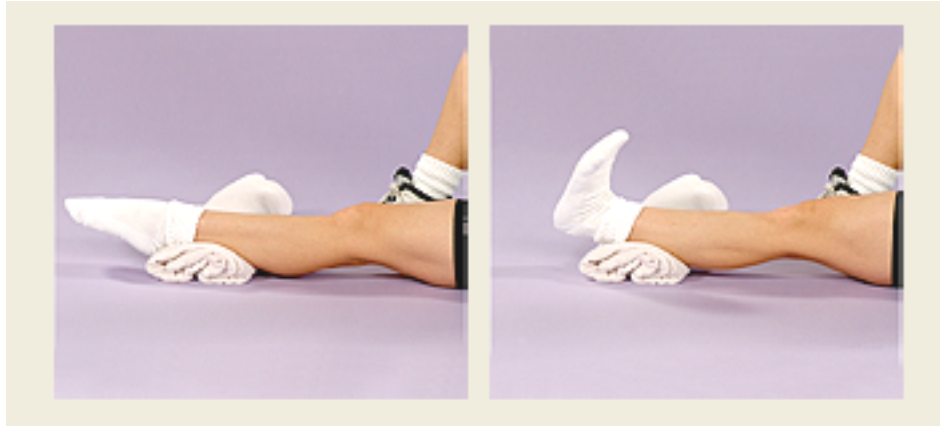


Ankle Alphabet Stabilization



While lying or sitting on the ground place a rolled towel under your lower calf, attempt to write the alphabet, one letter at a time, by just moving your ankle. You can also attempt to draw a “Figure 8” in both directions. This exercise can also be performed sitting by lifting your leg off the ground.