ATLANTA BONE AND JOINT SPECIALISTS

ANKLE / FOOT - 5 Dorsiflexion: Resisted ANXLE /FOOT · 6 Plantar Flexion: Resisted ANKLE/ FOOT - 9 Ankle Alphabet Using IiJ:]!l ankle and foot 011ly, trace the letters of the alphabet Perfonn A to Z. Facing anchor, tubing around JJill.. foot, pull toward face. Repeat _ 1 times per set.
Do _ _ L sets per session. Anchor behind, tubing around .le.ft. foot, press down. times per set Do _ _ sets per session. times per set. Do _ _ _ sets per session. sessions per day. Do _j.:2_ sessions per day. Do _ _ sessions per day. ANKJ.E / FOOT - 7 Juversion: Resisted ANKLE / FOOT - 8 Eversion: Resisted ANKLE/ FOOT · 20 Heel Raise: Bilateral (Standing) Rise on balls of feet. With .kft. foot in tubing loop, hold tubing around other foot Cross legs witll .le.fl leg tmdemeatl1, foot in tubing loop. to resist and turn foot out. Hold tubing around otller foot to resist alld tuu foot in. Repeat _ l i _ times per set times per set. Do _ _ _ sets per session. Do __J__ sets per session. Repeat --- times per set. Do --- sets per session. sessions per day. Do -1...:L sessions per day, Do _ _ sessions per day. ANKLE/FOOT - 21 Heel Raise: Unilateral (Standing) ANKLE/ FOOT - 13 Soleus Stretch ANKLE/ FOOT - 22 Toe Raise (Standing) Stand with right foot back, both knees bent. Keeping heel on floor, turned slightly out, Balance on .le.ft. foot, Rock back on heels. lean into wall until stretch is then rise on ball of fool felt ill lower calf.

Repeat _12__ times per set. Do _ L sets per session.
Do .J.::1... sessious per day.

Repeat 2.i times per set. Do _ J _ sets per session.
Do ...l.:2- sessions per day,

ANKLE/FOOT · 14 ·oastroc Stretch

Stand with .le.fl foot back, both knees bent. Keeping heel 011 floor, turned slightly out, lean into wall until stretch is felt in lower calf. Hold...6::J..Q seconds.

ANKLE/ FOOT · B Soleus Stretch

Repeat _Jj)_ times per set. Do --2.... sets per session.



Stand wlUl rig]_u foot back, leg sb·aight, forward leg bent Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf. Hold ..Q::J.Q... seconds.

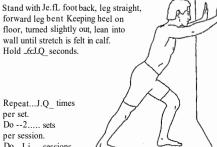
Repeat_j_Q_ times per set. Do sets per session. Do -1.:2_ sessions per day.

ANKLE/ FOOT · 14 Gastroc Stretch

Hold ..Qj_Q_ seconds.

Repeat _Jj)_ times per set.

Do _2 _ _ sets per session. Do _J.i.._ sessions per day.



Do _J.i.._ sessions per day.