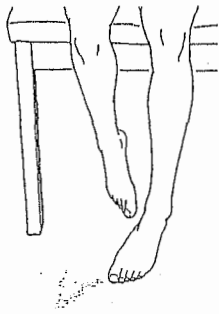


ATLANTA BONE AND JOINT SPECIALISTS

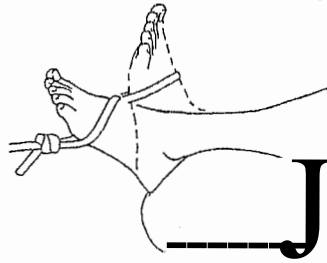
ANKLE/ FOOT - 9 Ankle Alphabet

Using the ankle and foot, trace the letters of the alphabet from A to Z.



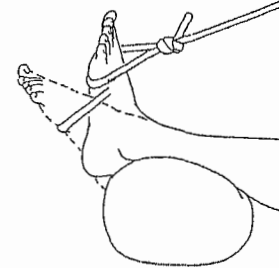
Repeat ___ times per set.
Do ___ sets per session.
Do ___ sessions per day.

ANKLE / FOOT - 5 Dorsiflexion: Resisted



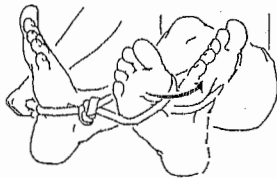
Facing anchor, tubing around the foot, pull toward face.
Repeat ___ times per set Do ___ sets per session.
Do ___ sessions per day.

ANKLE / FOOT - 6 Plantar Flexion: Resisted



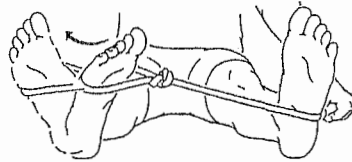
Anchor behind, tubing around the foot, press down.
Repeat ___ times per set. Do ___ sets per session.
Do ___ sessions per day.

ANKLE / FOOT - 7 Inversion: Resisted



Cross legs with the leg underneath, foot in tubing loop. Hold tubing around other foot to resist and turn foot in.
Repeat ___ times per set. Do ___ sets per session.
Do ___ sessions per day.

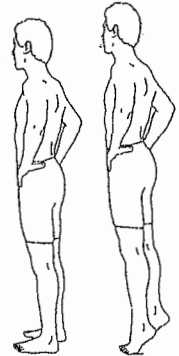
ANKLE / FOOT - 8 Eversion: Resisted



With the foot in tubing loop, hold tubing around other foot to resist and turn foot out.
Repeat ___ times per set. Do ___ sets per session.
Do ___ sessions per day.

ANKLE / FOOT - 20 Heel Raise: Bilateral (Standing)

Rise on balls of feet.



Repeat ___ times per set
Do ___ sets per session.
Do ___ sessions per day.

ANKLE / FOOT - 22 Toe Raise (Standing)

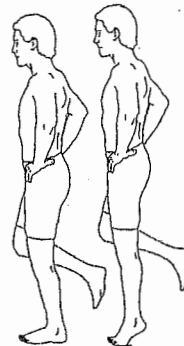
Rock back on heels.



Repeat ___ times per set.
Do ___ sets per session.
Do ___ sessions per day.

ANKLE / FOOT - 21 Heel Raise: Unilateral (Standing)

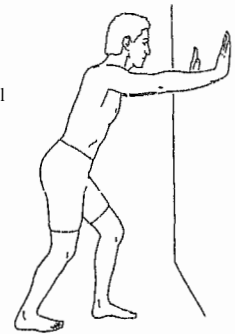
Balance on the left foot, then rise on ball of foot.



Repeat ___ times per set.
Do ___ sets per session.
Do ___ sessions per day.

ANKLE / FOOT - B Soleus Stretch

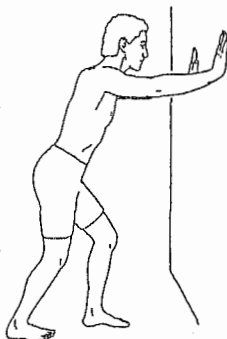
Stand with right foot back, both knees bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in lower calf.
Hold ___ seconds.



Repeat ___ times per set.
Do ___ sets per session.
Do ___ sessions per day.

ANKLE / FOOT - B Soleus Stretch

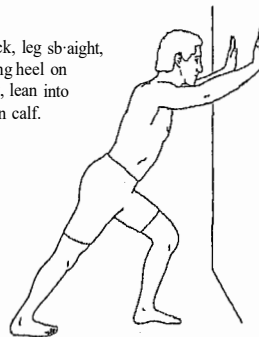
Stand with the left foot back, both knees bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in lower calf.
Hold ___ seconds.



Repeat ___ times per set.
Do ___ sets per session.

ANKLE / FOOT - 14 Gastroc Stretch

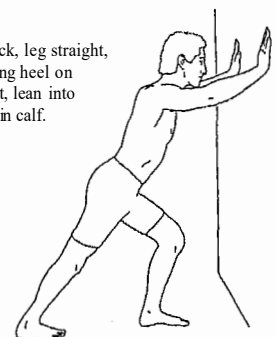
Stand with right foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf.
Hold ___ seconds.



Repeat ___ times per set.
Do ___ sets per session.
Do ___ sessions per day.

ANKLE / FOOT - 14 Gastroc Stretch

Stand with the left foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf.
Hold ___ seconds.



Repeat ___ times per set.
Do ___ sets per session.
Do ___ sessions per day.