

ANKLE / FOOT - 24
Sitting Toe Raise

Raise toes off floor, lower back down to floor slowly keeping heels on floor.

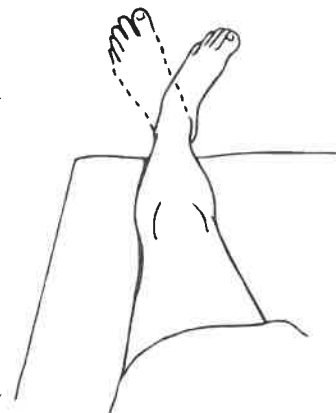
Repeat 10 times per set.
Do 2 sets per session. Every other day



ANKLE / FOOT - 19
Range of Motion: Inversion/Eversion

With leg relaxed, gently turn ankle and foot in and out. Move through full range of motion. Make sure knees are not moving

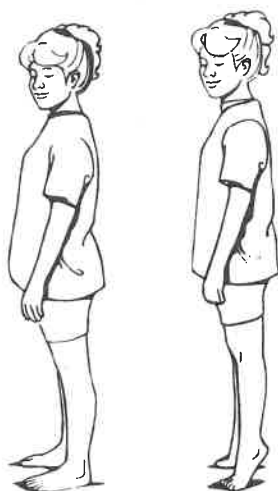
Repeat 10 times per set.
Do 2 sets per session. Every other day.



ANKLE / FOOT - 20
Standing Bilateral Heel Rise

Rise up on balls of feet and come back down slowly. hold on to counter or chair

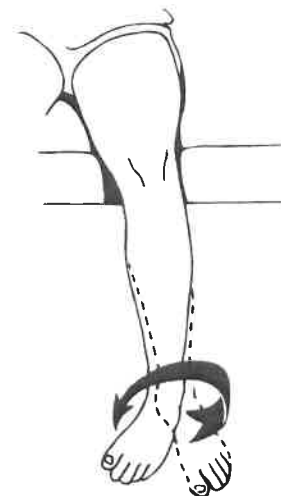
Repeat 12 times per set. Do 2-3 sets per session. Every Other day,



ANKLE / FOOT - 16
Ankle Circles

Slowly rotate foot and ankle clockwise and counterclockwise. Gradually increase range of motion. Do not move knees.

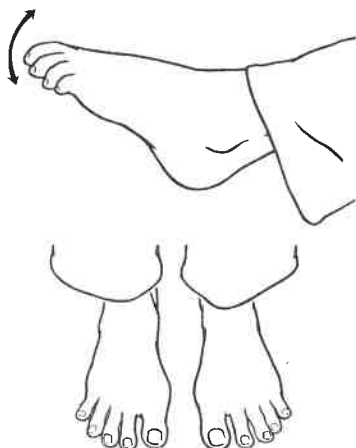
Repeat 10 times per set.
Do 2 sets per session. Daily



CIRCULATION - 4 Ankle Warmer: Move Toes

spread toes wide ___10___ times.
2 sets

Every other day



ANKLE / FOOT - 11
Double-Leg Toe Curling

With both feet resting on towel, slowly bunch up towel by curling toes.

Repeat 10 times. 2 sets Every other day.

