

### INSTRUCTIONS:

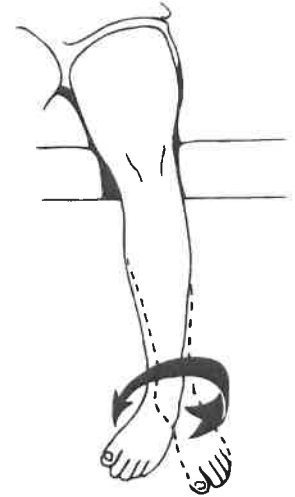
The exercises in this program are designed to improve ankle/foot mobility and strength. The recommended sets/repetitions are general guidelines, not hard and fast rules. You can do less or more depending on your tolerance. Make sure that all exercises are pain-free.

Try to perform all exercises 3 times per week.

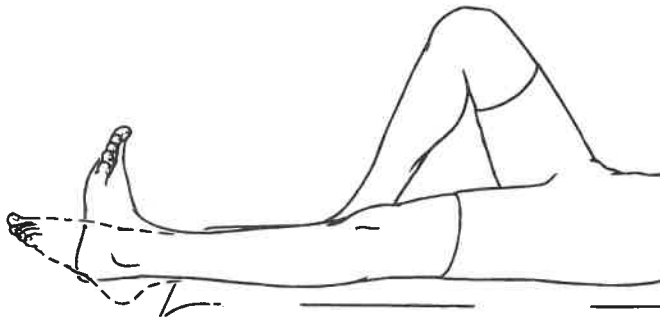
### ANKLE / FOOT - Ankle Circles

Slowly rotate foot and ankle 8-10 times clockwise and 8-10 times counterclock-wise. Focus on using your heel to draw the circle (relax your toes). Gradually increase range of motion. Avoid pain.

Do 2-3 sessions per day.



### ANKLE / FOOT - ROM: Plantar / Dorsiflexion

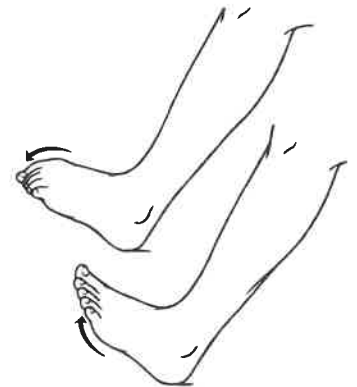


With left leg relaxed, slowly point foot as far as possible. Hold 1-2 seconds, then slowly pull top of foot toward shin as far as possible. Hold 1-2 seconds. Move through full range of motion. Avoid pain.

Do 10-15 repetitions.

### ANKLE / FOOT - AROM: Toe Curl

Sitting or lying with left heel supported, gently curl and straighten toes.



Do 15-20 repetitions.

### ANKLE / FOOT - Ankle Plantar Flexion: Self-Mobilization (Kneeling)

With right foot pointed behind, slowly lean down and back until gentle stretch is felt. Hold 1-2 seconds. Relax.

Do 15-20 repetitions.



### ANKLE / FOOT - 40 Toe Extension / Ankle Dorsiflexion: Self-Mobilization (Kneeling)

On right knee and toes, lean down and back until gentle stretch is felt. Hold 1-2 seconds. Relax.

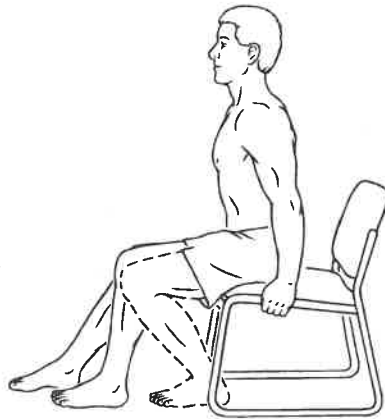
Do 15-20 repetitions.



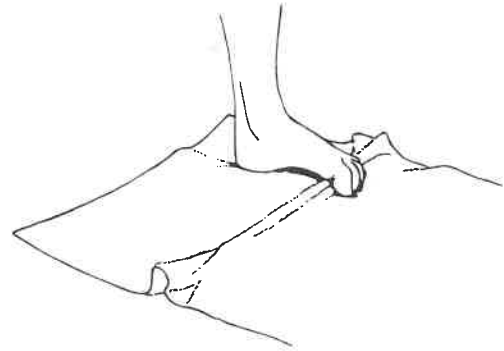
ANKLE / FOOT - Dorsiflexion:  
Self-Mobilization (Sitting)

Feet flat, other foot forward. Keeping foot pointing straight ahead, slide left foot back until gentle stretch is felt. Keep entire foot on floor. Hold 2-3 seconds. Relax and slide forward.

Do 10-15 repetitions, then repeat on other side.



ANKLE / FOOT -  
Single-Leg Toe Curling



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

Repeat 6-8 times.

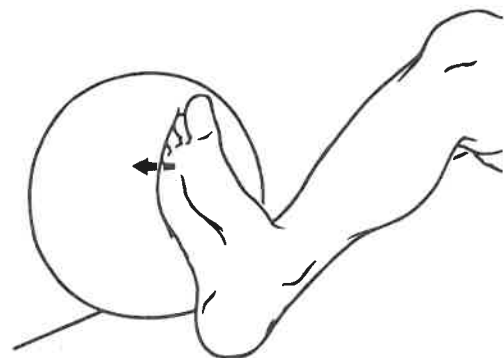
ANKLE / FOOT - 4 Inversion: Isometric



Using lower leg muscles, press inner borders of feet into ball or rolled pillow between feet (as if trying to turn feet inward). Hold 6 seconds. Relax.

Repeat 6-8 times.

ANKLE / FOOT - 3 Eversion: Isometric



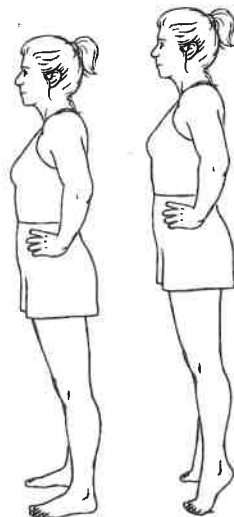
Using lower leg muscles, press outer border of right foot into ball or rolled pillow against wall (as if trying to turn foot outward). Hold 6 seconds. Relax.

Repeat 6-8 times.

CALVES - Standing Calf Raises on Slant Board

Feet parallel and hip distance. Slowly rise as high as possible on balls of feet. Pause briefly (squeeze), then slowly lower to start.

Do 1-2 sets of 15-30 reps.



ANKLE / FOOT - Toe Raise (Standing)

Holding support as needed, raise front of feet off floor. Pause briefly, then lower.

Do 1-2 sets of 15-20 repetitions.

