

Patient: Ankle, Acute

Provider: Stacey Pickert, ATC

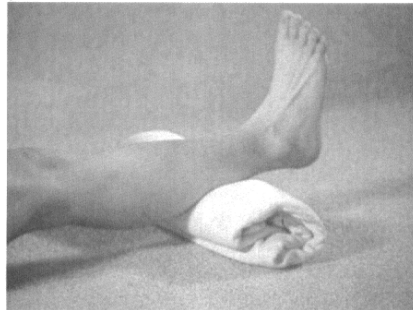
Usage:

Date: 3/4/2008

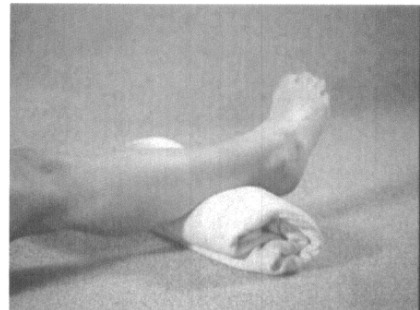
**1. (1) Ankle Alphabet: 26 reps, 1 set**



Sit on the floor with your leg extended.



Support lower leg with towel roll.



Draw each letter of the alphabet, "A", "B".

**2. (2) Ankle Circles (CW & CCW): 10 reps, 1 set**



Sit with your ankle hanging free.

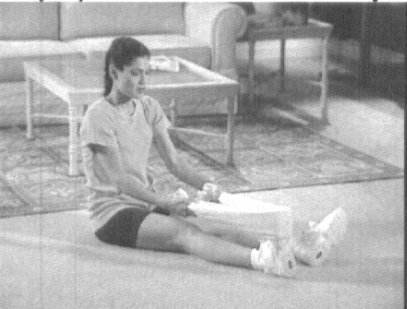


Circle clockwise through a full range of motion.

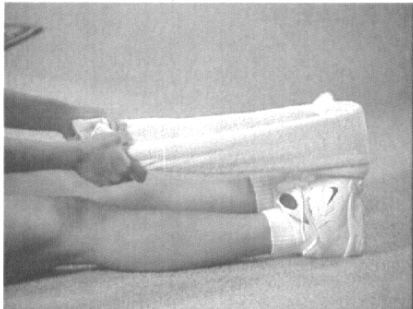


Then circle ankle counter clockwise.

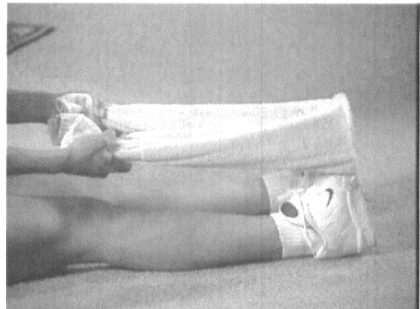
**3. (15) Towel Stretch: 2 reps, 30 sec hold, 1 set**



Sit on the floor with your leg straight.



Place a towel around the ball of your foot.



Pull the towel toward your body.