

Patient: Ankle,

Provider: Stacey Pickert, ATC

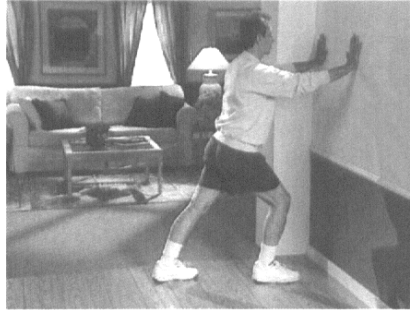
Usage:

Date: 3/4/2008

**1. (13) Gastroc Stretch: 2 reps, 30 sec hold, 1 set**



Stand near a wall.



Step back with your involved leg.



Keep your involved leg straight as you stretch.

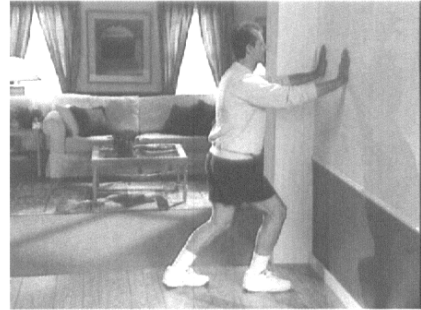
**2. (14) Soleus Stretch: 2 reps, 30 sec hold, 1 set**



Stand near a wall.



Step back with your involved leg.

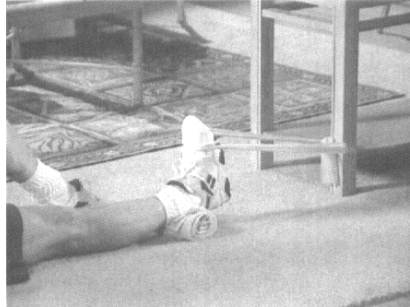


Bend both knees to begin the stretch.

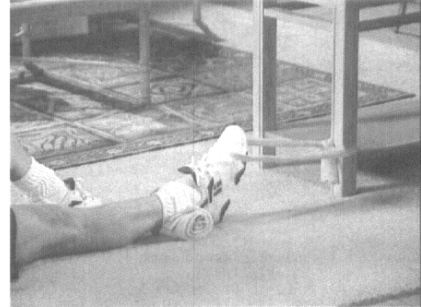
**3. (16) Resisted Dorsiflexion: 10 reps, 1 set**



Loop a band between a table and your foot.

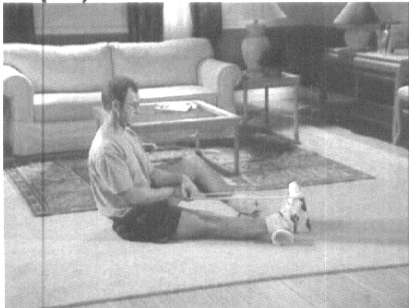


Flex your foot back toward your body.

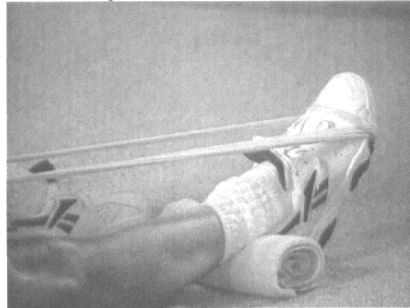


And return to neutral.

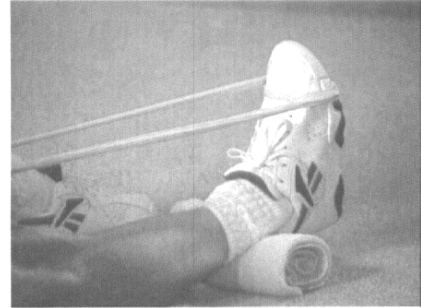
**4. (19) Resisted Plantarflexion: 10 reps, 1 set**



Hold band in your hands and loop over your foot.



Flex your foot forward.



And return to neutral.

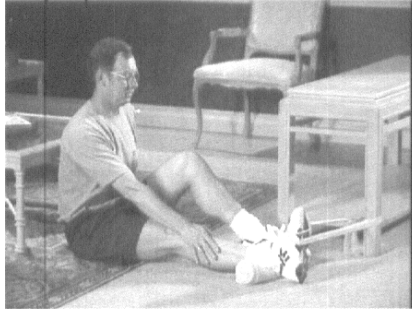
Patient: Ankle,

Provider: Stacey Pickert, ATC

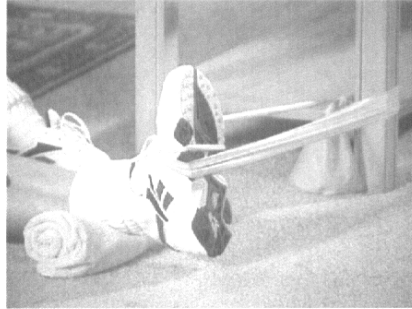
Usage:

Date: 3/4/2008

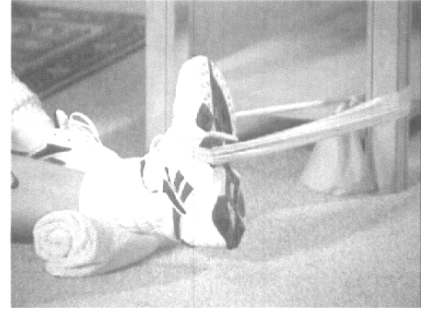
**5. (17) Resisted Eversion: 10 reps, 1 set**



Loop a band between a table and your foot.

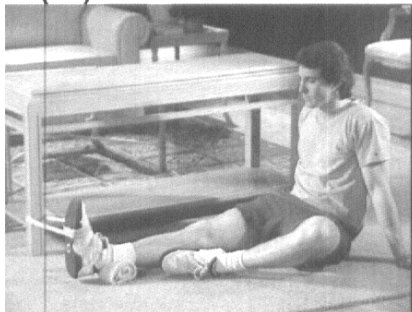


Rotate your foot outward keeping your toes up.

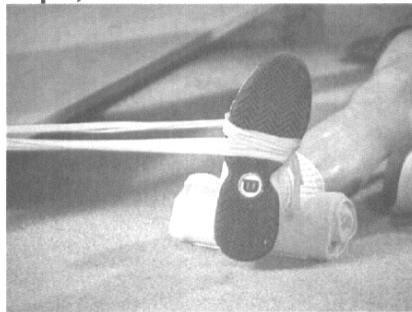


And return to neutral.

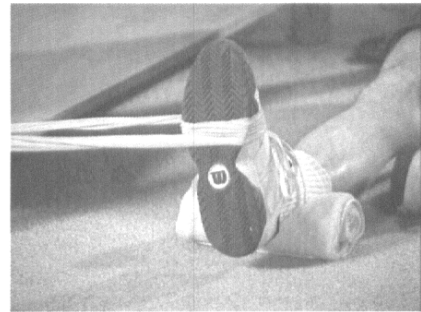
**6. (18) Resisted Inversion: 10 reps, 1 set**



Loop band between a table and your foot.



Rotate your foot inward keeping your toes up.



And return to neutral.

**7. (12) Uni-lateral Balance: 2 reps, 30 sec hold, 1 set**



Stand with your feet shoulder width apart.



Raise your un-involved leg.



You can stand next to a chair to help balance.