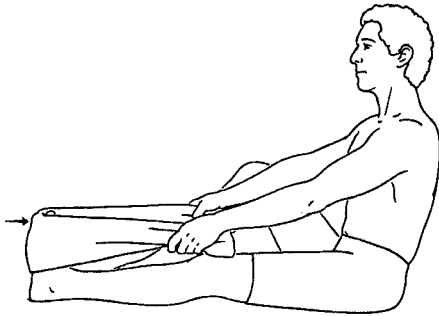


Central Vermont Medical Center
ORTHOPEDICS & SPORTS MEDICINE

HIP / KNEE - 63 Stretching: Calf – Towel

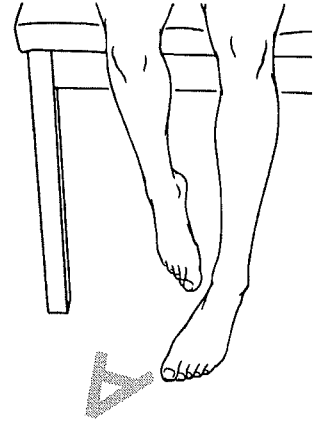


Sit with knee straight and towel looped around foot. Gently pull on towel until stretch is felt in calf. Hold 30 seconds.

Repeat 2 times per set. Do 2 sets per session.
Do 2 sessions per day.

ANKLE / FOOT - 9 Ankle Alphabet

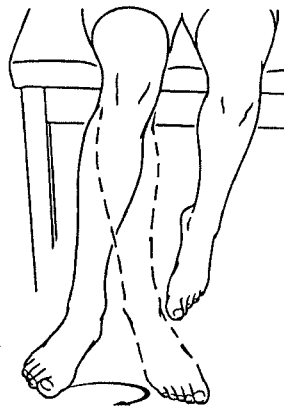
Using ankle and foot only, trace the letters of the alphabet. Perform A to Z.



Repeat 2 times per set.
Do 1 sets per session.
Do 2 sessions per day.

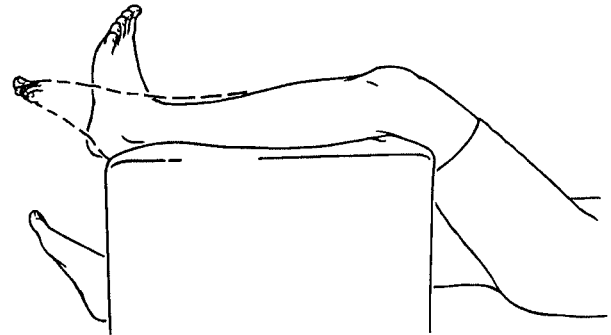
ANKLE / FOOT - 16 Ankle Circles

Slowly rotate foot and ankle clockwise then counterclockwise. Gradually increase range of motion. Avoid pain.



Circle 5 times each direction per set.
Do 2 sets per session.
Do 2 sessions per day.

ANKLE / FOOT - 17 Ankle Pump



With leg elevated, gently flex and extend ankle. Move through full range of motion. Avoid pain.
Repeat 10 times per set. Do 2 sets per session.
Do several sessions per day.

ANKLE / FOOT - 11 Toe Curl: Bilateral



With both feet resting on towel, slowly bunch up towel by curling toes. Hold 5 seconds.

Repeat 2 times per set. Do 2 sets per session.
Do 1 sessions per day.