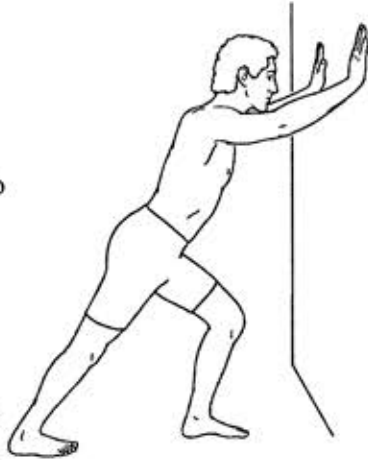


ANKLE / FOOT - 14 Gastroc Stretch

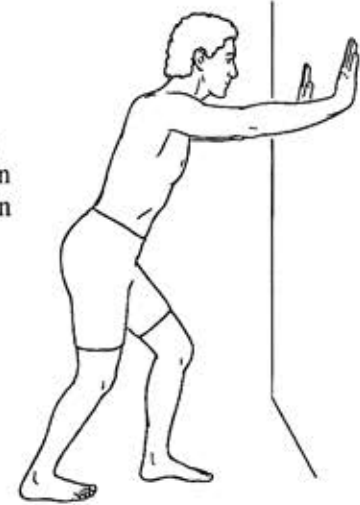
Stand with foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf. Hold 1 minute.



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

ANKLE / FOOT - 13 Soleus Stretch

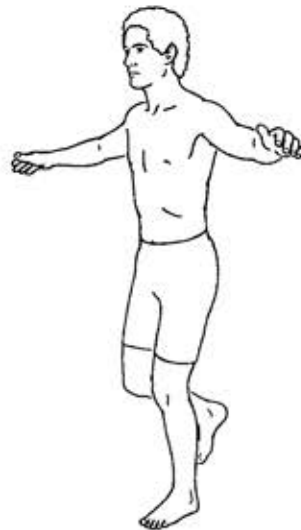
Stand with foot back, both knees bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in lower calf. Hold 1 minute.



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

ANKLE / FOOT - 15 Balance: Unilateral

Attempt to balance on leg, eyes open. Hold 30 seconds.

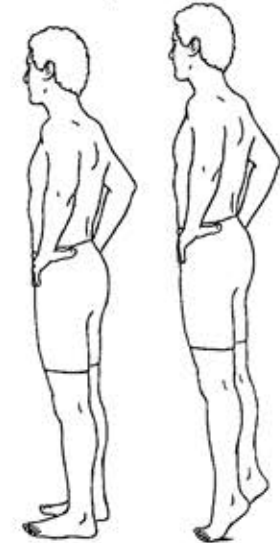


Repeat 3 times per set.
Do 1 sets per session.
Do 1 sessions per day.

— Perform exercise with eyes closed.

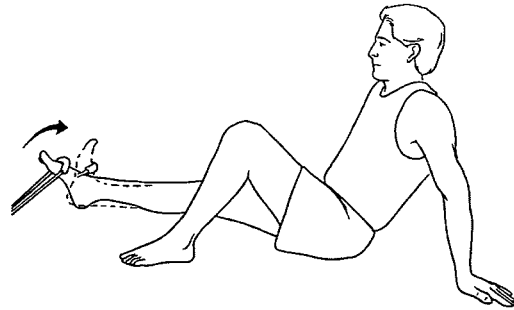
ANKLE / FOOT - 20 Heel Raise: Bilateral (Standing)

Rise on balls of feet.



Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

TUBING LOOP - 41 Ankle Dorsiflexion: Long-Sitting
(Single Leg)

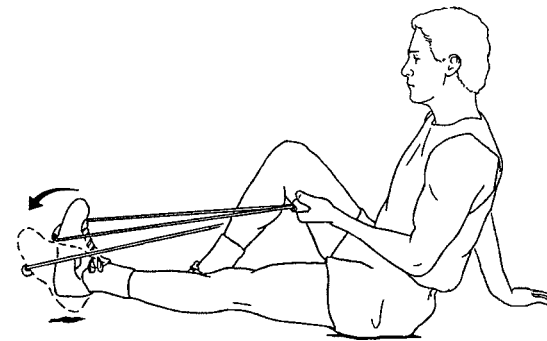


Sit facing anchor, tubing around forefoot, pull toes back toward head.

Repeat 10 times per set. Repeat with other leg.
Do 2 sets per session. Do 4 sessions per week.

Anchor Height: Ankle (when standing)

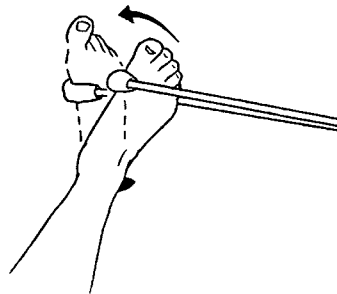
TUBING LOOP - 38 Ankle Plantar Flexion: Long-Sitting
(Single Leg)



Loop tubing around foot of straight leg, anchor with one hand. Leg straight, point toes downward.

Repeat 10 times per set. Repeat with other leg.
Do 2 sets per session. Do 4 sessions per week.

TUBING LOOP - 40 Ankle Inversion: Long-Sitting
(Single Leg)

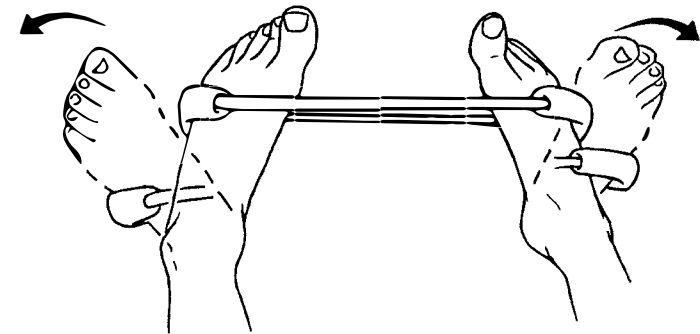


Tubing around forefoot, on same side as anchor, rotate ankle, pointing toes inward.

Repeat 10 times per set. Repeat with other leg.
Do 2 sets per session. Do 4 sessions per week.

Anchor Height: Ankle (when standing)

TUBING LOOP - 39 Ankle Eversion: Long-Sitting



Loop tubing around feet just below toes, legs separated as far as tolerated, toes pointed inward. Rotate ankles, pointing toes outward.

Repeat 10 times per set. Do 2 sets per session.
Do 4 sessions per week.