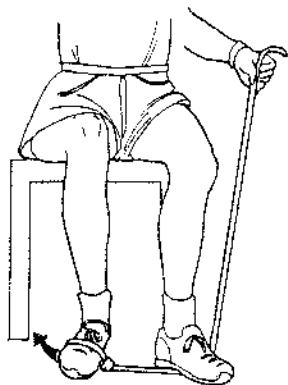


ANKLE TUBING EXERCISES

DIRECTIONS

1. THESE EXERCISES SHOULD BE DONE ONLY UNDER THE SUPERVISION OF YOUR DOCTOR AND/OR PHYSICAL THERAPIST.
2. Initially you may not be able to move the joint through a full range of motion without pain. Do not exercise the full range of motion if it is painful. Slowly increase the range of motion as it feels comfortable to do so.
3. Study each picture carefully before beginning each exercise.
4. Start each exercise slowly, deliberately and with good motion. You should maintain good control throughout each exercise.
5. Once the motion is developed, increase the speed of each repetition.
6. When performing the exercises quickly, the initial motion is done rapidly, then hold two seconds at maximum resistance and return to starting position slowly.
7. When you can perform an exercise 30 times rapidly, increase the resistance by making the tubing shorter. **CHECK WITH YOUR DOCTOR AND/OR THERAPIST FIRST.**
8. You should feel moderate fatigue in the muscle after completing the repetitions. The injured area should not hurt.
9. If you feel any pain in the injured area while performing these exercises, **stop immediately and check with your doctor and/or therapist.**

1

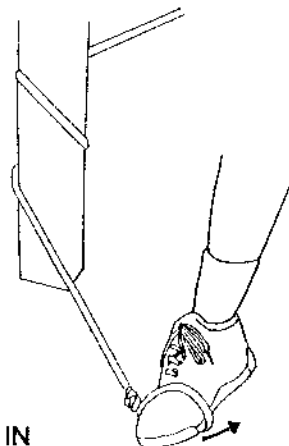


ANKLE TURN OUT
(EVERSION)

From position shown, start with foot turned in. Pull foot out and upward while holding tubing with hand. You may pivot on heel. Do not move knee back and forth.

of Repetitions _____

2

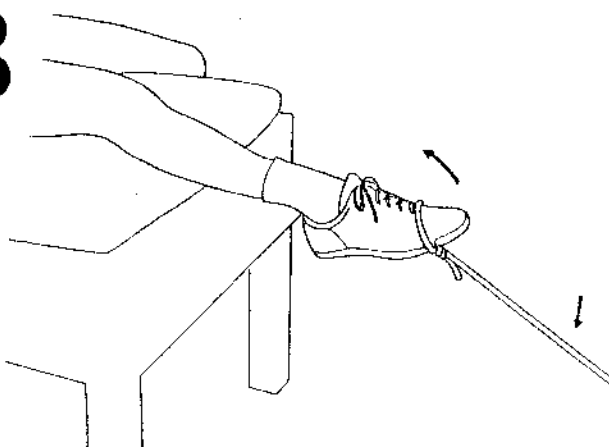


ANKLE TURN IN
(INVERSION)

From sitting position with knee at 90 degrees, pull foot in and upward while holding tubing with hand. Do not move knee back and forth.

of Repetitions _____

3

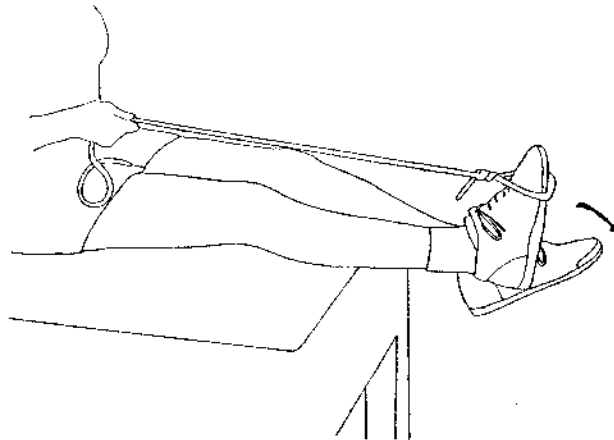


ANKLE PULL UP
(DORSI FLEXION)

With tubing attached to solid object and foot fully extended, pull foot and toes toward body.

of Repetitions _____

4

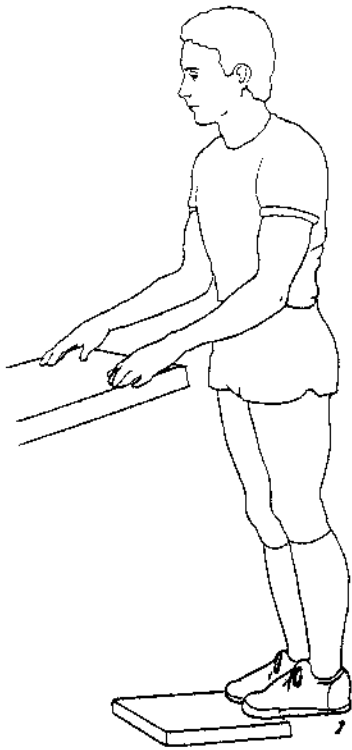


CALF MUSCLE
(PLANTAR FLEXION)

Starting from position shown, point toes bending foot toward floor.

of Repetitions _____

5

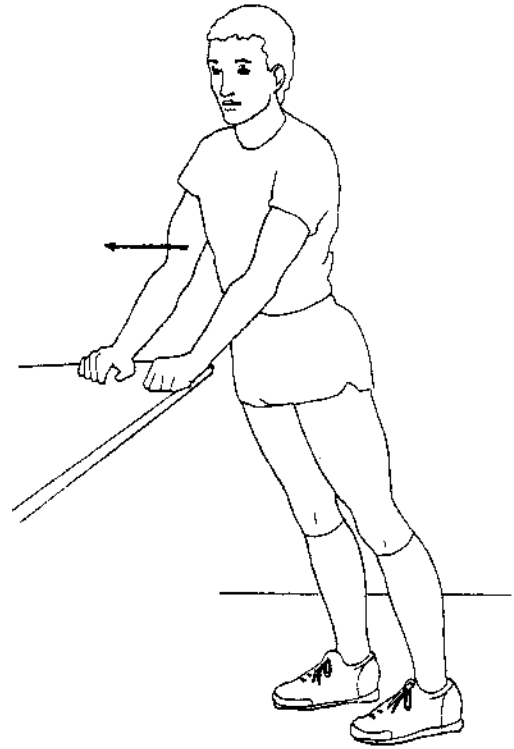


TOE RAISES
(CALF MUSCLE)

With feet hip width apart, toes turned in, and heels at least 1/2 inch from floor, lower heel to floor and return to starting position.

of Repetitions _____

6



CALF STRETCH

With feet hip width apart and toes slightly turned in, lean forward while keeping heels flat. When a pull on the calf muscle is felt, hold for 20-30 seconds.

of Repetitions _____

PRESCRIBED ROUTINE

EXERCISE #

OF REPETITIONS

TIMES PER DAY

1

2

3

4

5

6

RECOMMENDATIONS:

COMPLIMENTS OF:

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