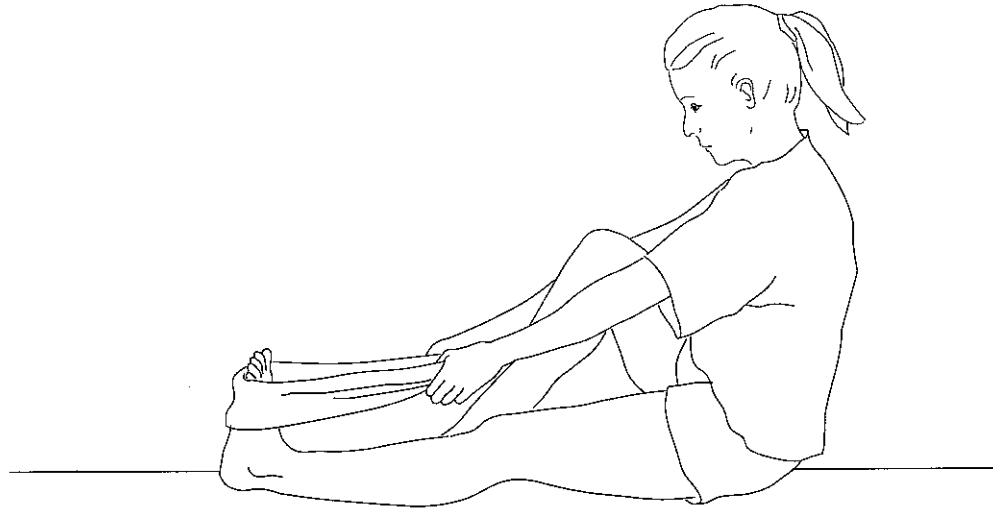


Foot and Ankle—Exercise 1



Patient Name: _____ **Date:** _____

Starting position: Sitting with your involved knee straight and your opposite knee bent. A towel is wrapped around the bottom of your involved foot.

Exercise: Grasp the towel with both hands and gently pull it toward your body.

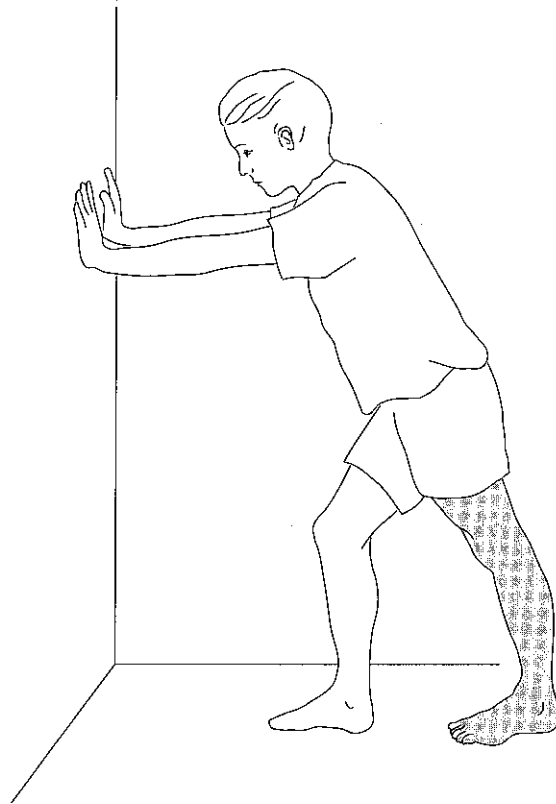
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Foot and Ankle—Exercise 2



Patient Name: _____ **Date:** _____

Starting position: Standing with palms pressed against a wall and your uninvolved leg bent. Your involved leg is straight.

Exercise: Slowly move involved leg backward until a stretch is felt in your calf.

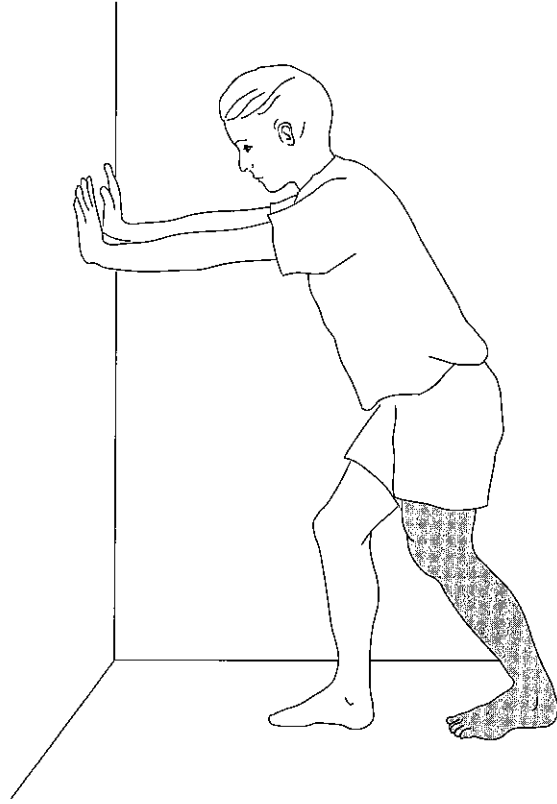
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Foot and Ankle—Exercise 3



Patient Name: _____ **Date:** _____

Starting position: Standing with palms pressed against a wall and your uninvolved leg bent. Your involved leg is slightly bent.

Exercise: Slowly move your involved leg backward until a stretch is felt in your calf.

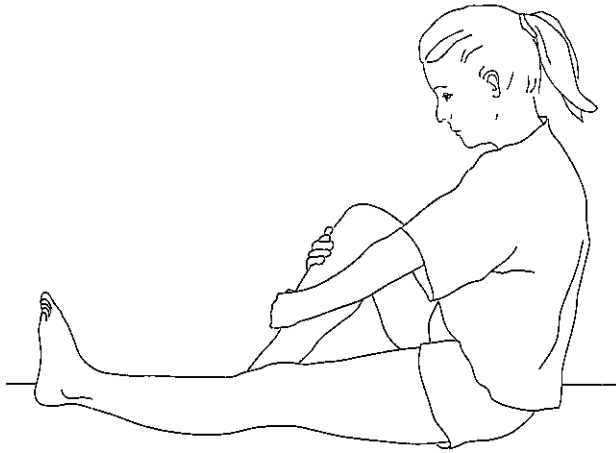
Hold _____ seconds.

Repeat _____ times.

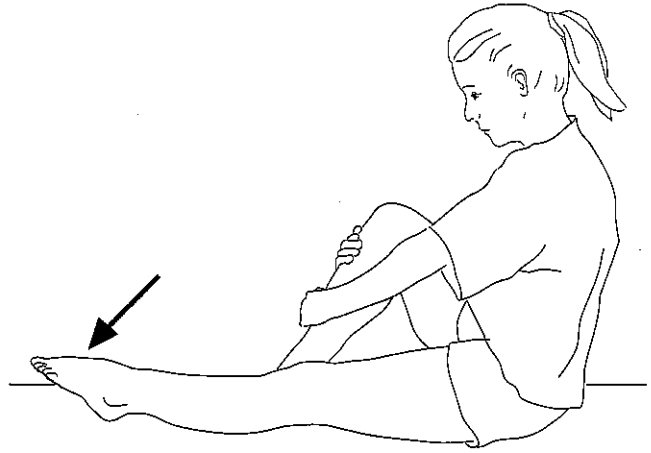
Do _____ sessions per day.

Special Precautions/Comments: _____

Foot and Ankle—Exercise 4



A



B

Patient Name: _____ **Date:** _____

Starting position: Sitting on the floor, involved leg straight, toes facing upward. Opposite knee is bent; both hands grasp opposite knee.

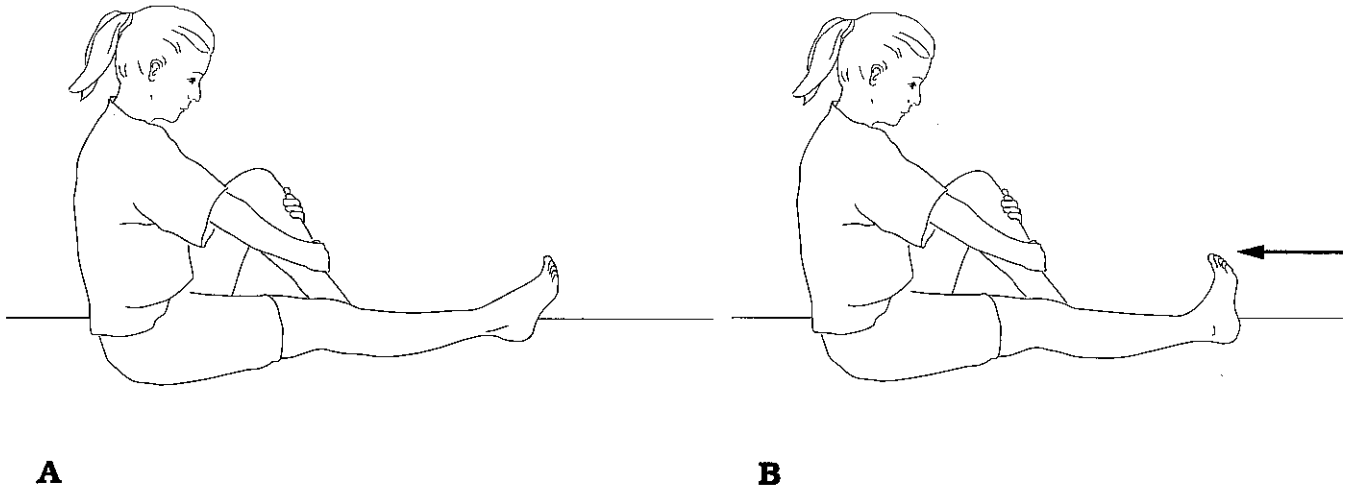
Exercise: Slowly push your foot down toward the floor.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Foot and Ankle—Exercise 5



Patient Name: _____ **Date:** _____

Starting position: Sitting on the floor, involved leg straight. Opposite knee is bent; both hands grasp opposite knee.

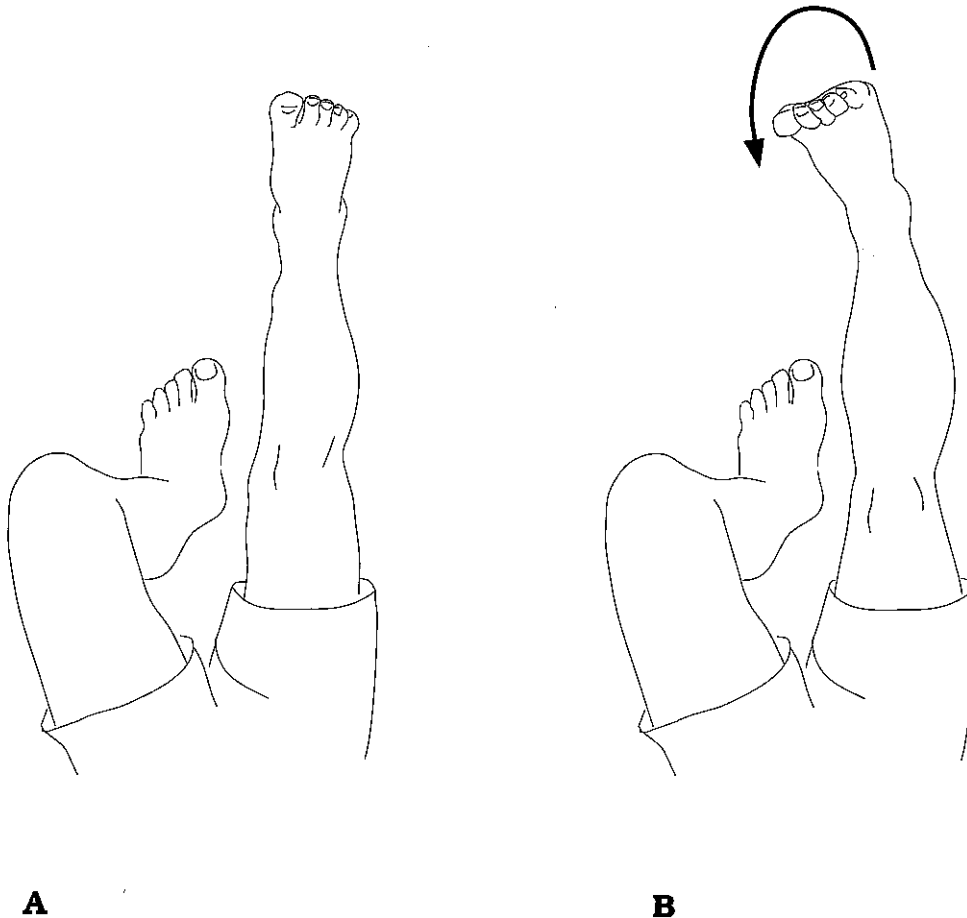
Exercise: Slowly flex your foot up toward your body.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Foot and Ankle—Exercise 6



Patient Name: _____ **Date:** _____

Starting position: Sitting on the floor, involved leg straight, opposite knee bent.

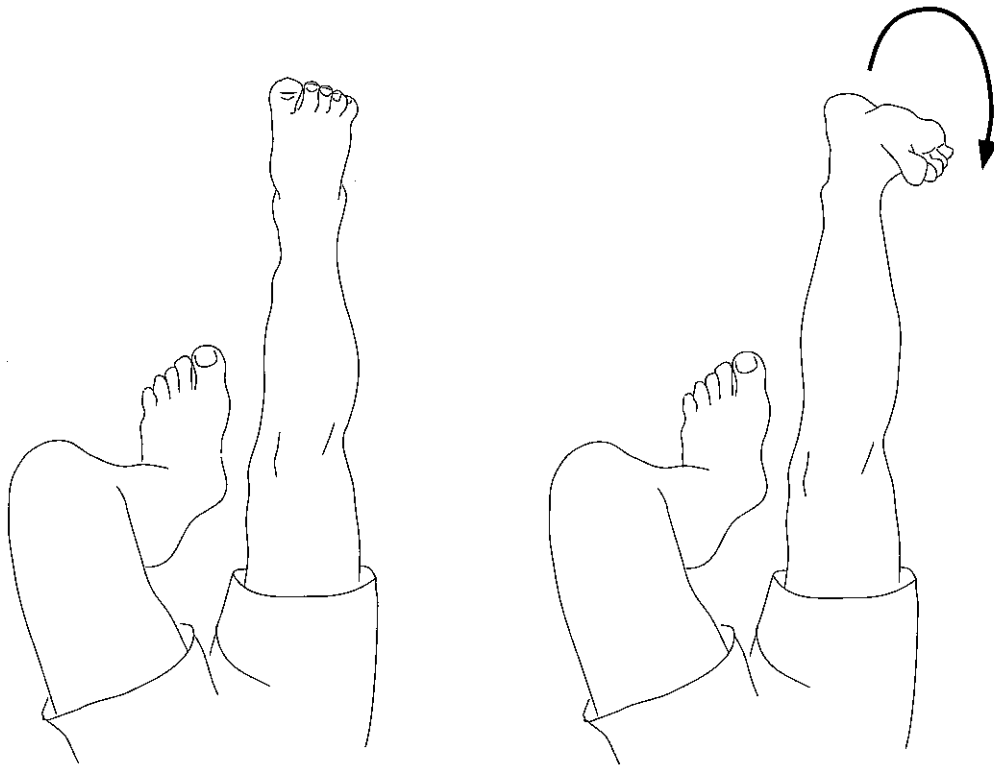
Exercise: Slowly pull involved foot up and in. (Point foot *toward* opposite knee.)

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Foot and Ankle—Exercise 7



A

B

Patient Name: _____ **Date:** _____

Starting position: Sitting on the floor, involved leg straight, opposite knee bent.

Exercise: Slowly pull your foot up and out. (Point foot *away* from opposite knee.)

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Foot and Ankle—Exercise 8



Patient Name: _____

Date: _____

Starting position: Sitting in a chair.

Exercise: Lift involved foot and slowly move it in a clockwise circle.

Repeat _____ times.

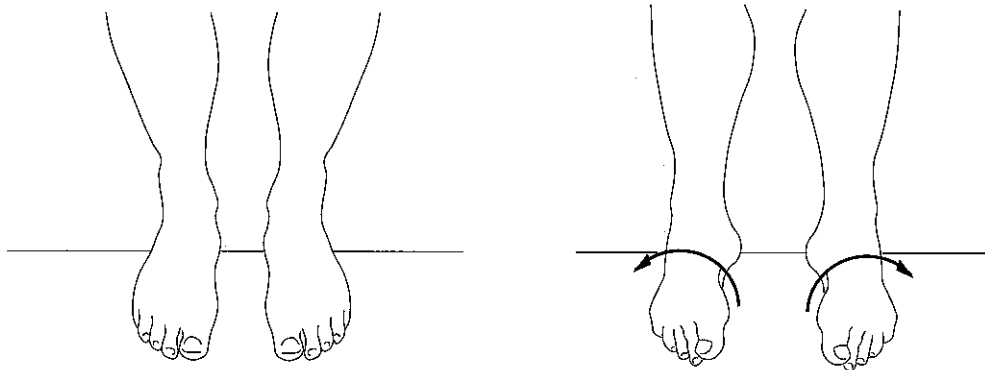
Exercise: Slowly move your foot in a counter-clockwise circle.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Foot and Ankle—Exercise 9



A

B

Patient Name: _____ **Date:** _____

Starting position: Standing; feet facing forward.

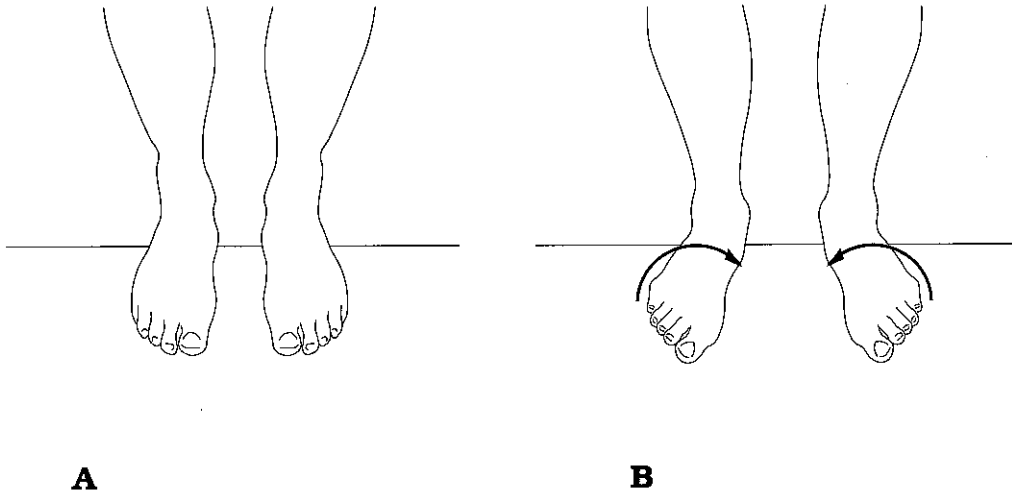
Exercise: Slowly lift your arches toward the ceiling.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Foot and Ankle—Exercise 10



Patient Name: _____ **Date:** _____

Starting position: Standing; feet facing forward.

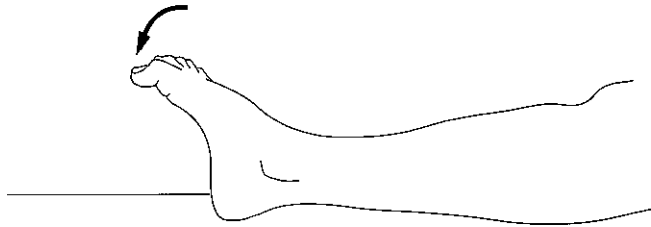
Exercise: Slowly push your arches toward the floor.

Repeat _____ times.

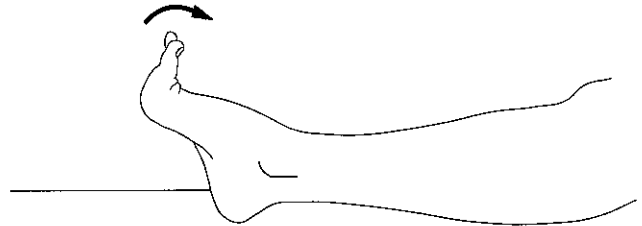
Do _____ sessions per day.

Special Precautions/Comments: _____

Foot and Ankle—Exercise 11



A



B

Patient Name: _____ **Date:** _____

Starting position: Sitting on the floor with both legs straight.

Exercise: Bend all the toes of your involved foot down toward the floor.

Repeat _____ times.

Do _____ sessions per day.

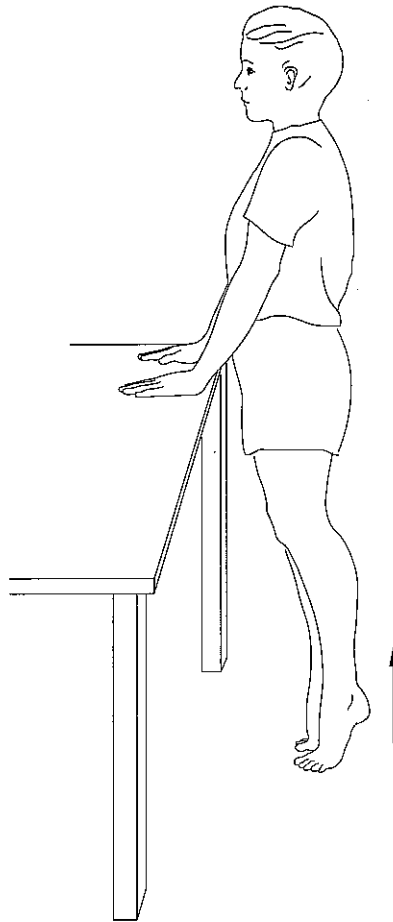
Exercise: Pull all your toes up toward your body.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Foot and Ankle—Exercise 12



Patient Name: _____ **Date:** _____

Starting position: Standing with your hands on a stationary object for support.

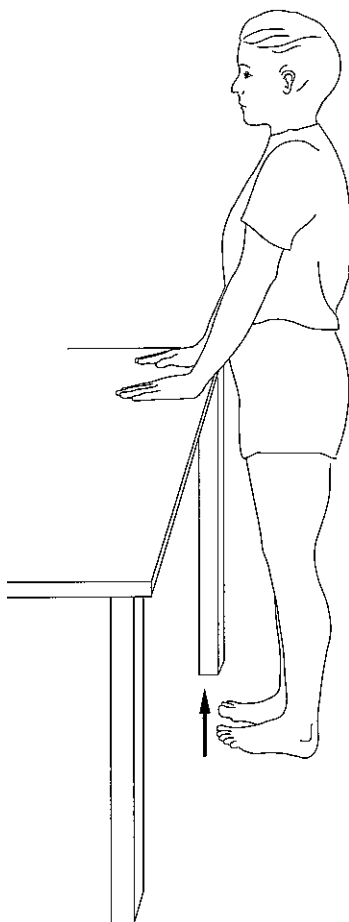
Exercise: Slowly raise both heels until you feel a stretch in your ankles.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Foot and Ankle—Exercise 13



Patient Name: _____ **Date:** _____

Starting position: Standing with your hands on a stationary object for support.

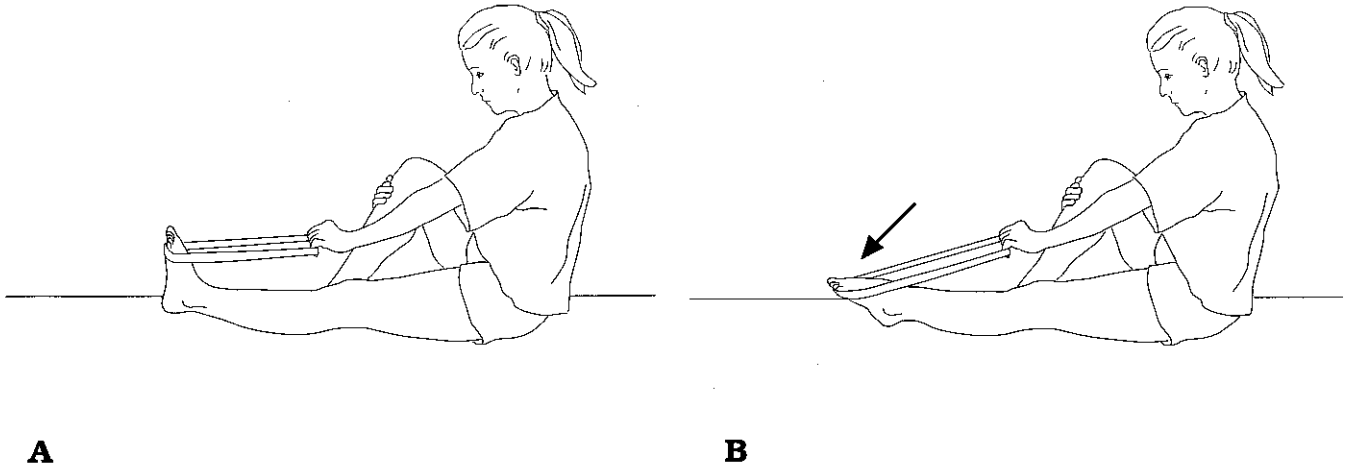
Exercise: Slowly raise the front part of your feet while your heels remain on the floor.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Foot and Ankle—Exercise 14



Patient Name: _____ **Date:** _____

Starting position: Sitting on the floor. One end of an elastic tubing is placed around the ball of your foot and the other end is in your hand. Opposite knee is bent and opposite hand rests on it.

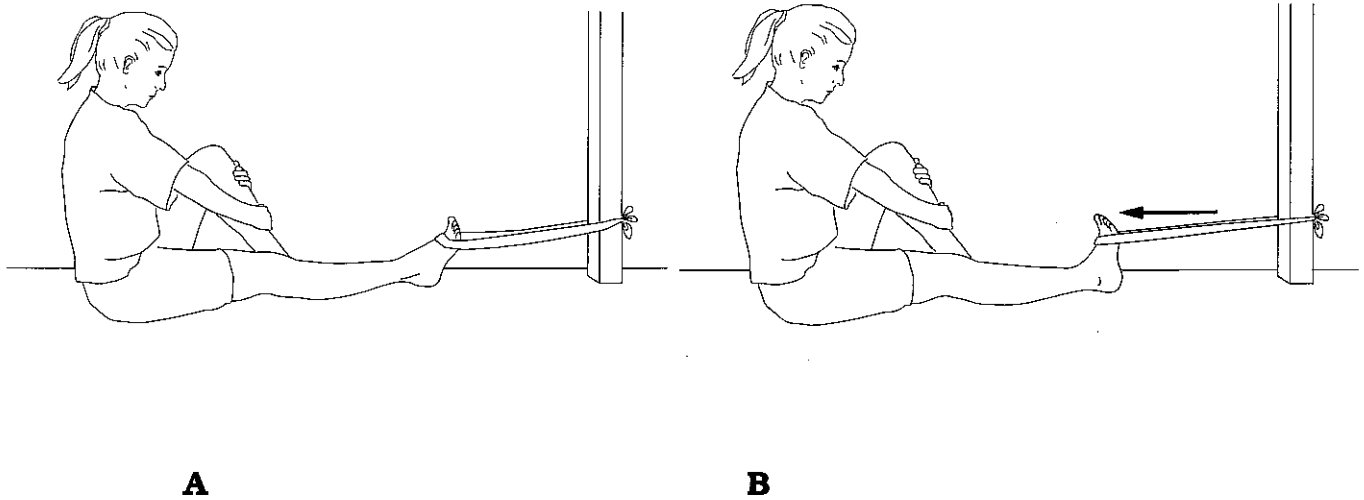
Exercise: Slowly push your foot down toward the floor.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Foot and Ankle—Exercise 15



Patient Name: _____ **Date:** _____

Starting position: Sitting on the floor with one end of an elastic tubing around your foot and the other end attached to a stationary object. Opposite knee is bent and both hands grasp it.

Exercise: Slowly pull your foot toward your body.

Repeat _____ times.

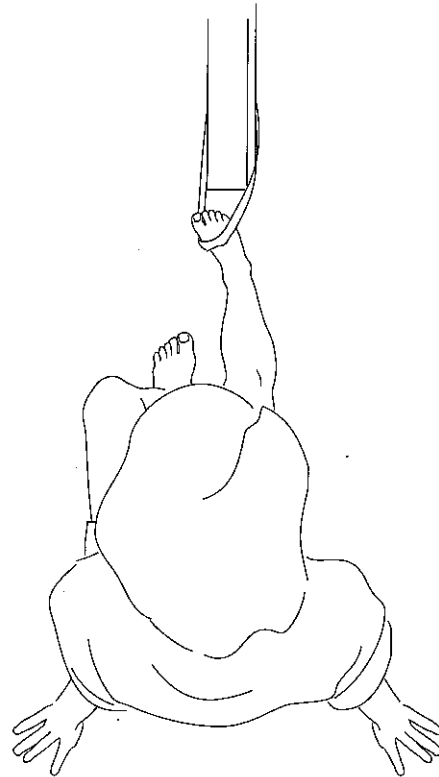
Do _____ sessions per day.

Special Precautions/Comments: _____

Foot and Ankle—Exercise 16



A



B

Patient Name: _____ **Date:** _____

Starting position: Sitting on the floor with one end of an elastic tubing around your foot and the other end attached to a stationary object. Opposite knee is bent; palms on the floor for support.

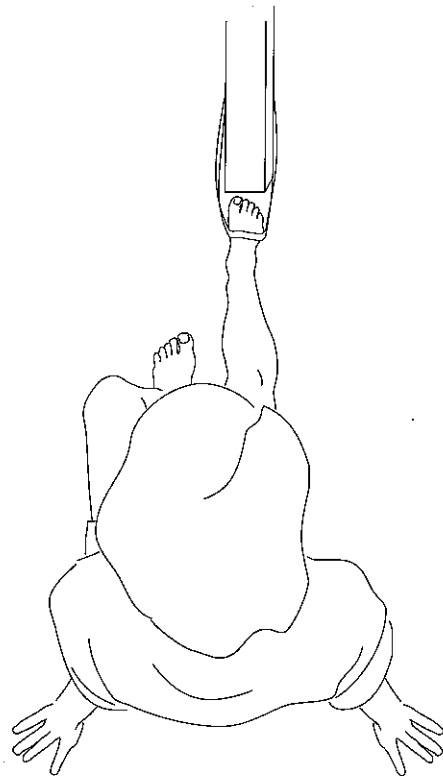
Exercise: Slowly pull your foot up and in.

Repeat _____ times.

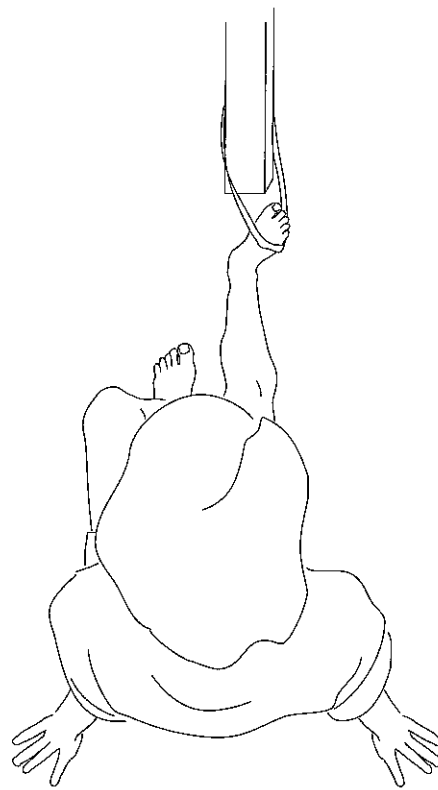
Do _____ sessions per day.

Special Precautions/Comments: _____

Foot and Ankle—Exercise 17



A



B

Patient Name: _____ **Date:** _____

Starting position: Sitting on the floor with one end of an elastic tubing around your foot and the other end attached to a stationary object. Opposite knee is bent; palms on the floor for support.

Exercise: Slowly pull your foot up and out.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

