

CHAPTER 1

Foot and Ankle

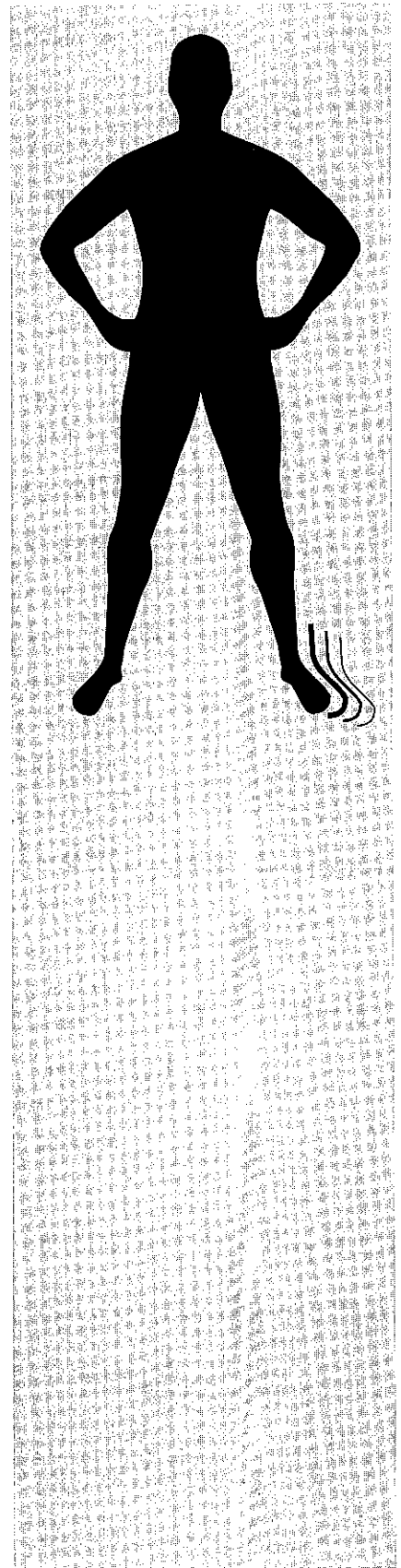
- I. Passive Range of Motion
(Ankle)
 1. Dorsiflexion (3)

- II. Active Range of Motion
(Ankle)
 1. Plantarflexion
 2. Dorsiflexion
 3. Inversion
 4. Eversion
 5. Circles

- III. Active Range of Motion
(Foot)
 1. Supination
 2. Pronation
 3. Flexion/Extension (Toes)

- IV. Active Range of Motion/
Resistive Strengthening
(Ankle)
 1. Plantarflexion
 2. Dorsiflexion

- V. Resistive Strengthening
(Ankle)
 1. Tubing
 - a. Plantarflexion
 - b. Dorsiflexion
 - c. Inversion
 - d. Eversion



Foot and Ankle—Hints

1. Keep your toes and ankles moving.
2. Wear properly fitted shoes.
 - (a) When standing, one finger's width should fit between your longest toe and the front edge of the shoe.
 - (b) When you squeeze at the widest part of your shoe you should feel some space before you feel your foot.
3. Elevate your feet after standing for long periods.
4. Keep your feet warm.
5. Don't wear restrictive clothing or garters.
6. Watch for cuts and bruises on your feet to prevent infection.
7. Wear good quality shoes (i.e., leather oxfords that lace up).
8. Don't sit with your feet below your knees for longer than 20 minutes.
9. Avoid exposing your feet to cold or moisture.
10. Do not wear socks that are too large. This may cause the socks to "bunch up," and interfere with proper shoe fit.
11. Do not wear torn or worn-out socks. Blisters may form when shoes rub against exposed areas of your feet or toes.