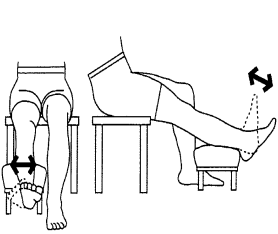
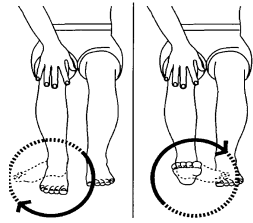


Ankle Rehab



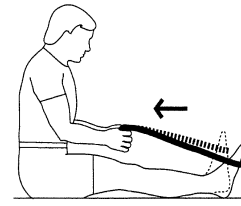
*Alternate movement from left to right.
*Alternate movement toward shin then away.



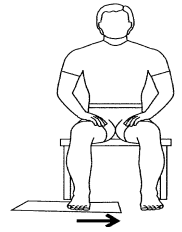
*Rotate foot in a clockwise motion.
*Rotate foot in a counterclockwise motion.



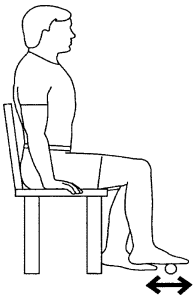
*Slowly move foot, spelling the alphabet.
*Do not let hip or knee move.



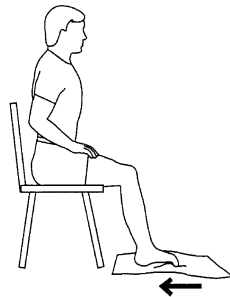
*Sit as shown, looping towel around ball of foot.
*Gently and steadily pull on towel, keeping knee straight.



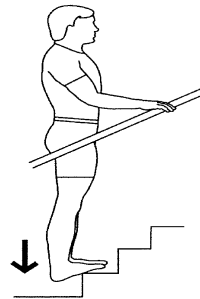
*Place towel on floor keeping heel on ground directly beside towel.
*Slide towel sideways



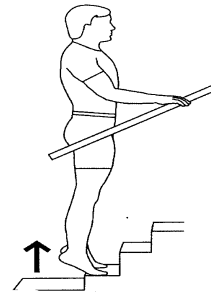
*Place foot on dowel as shown.
*Roll foot forward and backward over dowel.



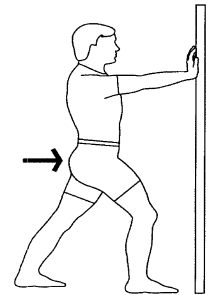
*Place towel on floor, keeping heel on ground, directly behind towel.
*Pull towel towards you using toes only.



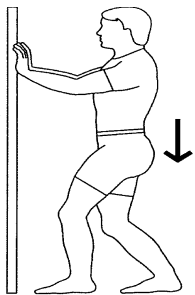
*Stand with balls of feet on a step, using banister to steady.
*Keeping knees slightly bent, gently lower heels.



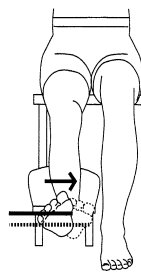
*Stand on step with both feet, holding on to banister for balance.
*Push up on balls of feet and then return to start.



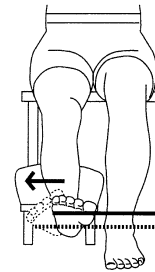
*Place hands on wall.
*Step forward with foot of uninjured leg, leaning hips toward wall.
*Keep rear leg straight with heel on floor.



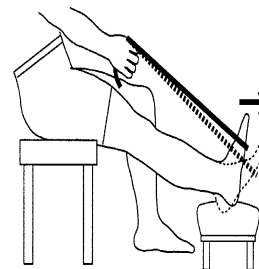
*Place hands on wall.
*Slowly bend knees, keeping heels on floor, until stretch is felt.



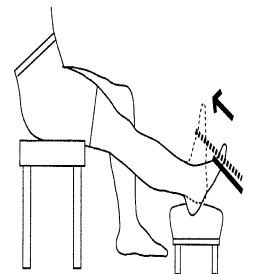
*Attach elastic to secure object.
*Loop elastic around forefoot.
*Pull forefoot inward against elastic as shown.



*Attach elastic to secure object.
*Loop elastic around forefoot.
*Pull forefoot outward against elastic as shown.



*Place elastic around ball of foot.
*Push down against elastic.



*Attach elastic to secure object.
*Place elastic around forefoot.
*Pull foot toward shin against elastic as shown.