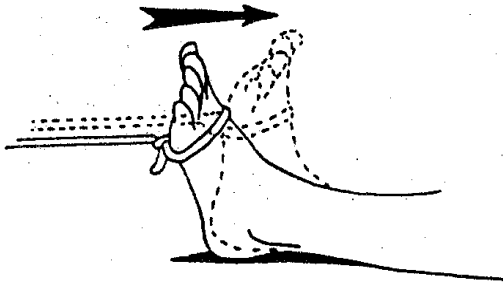
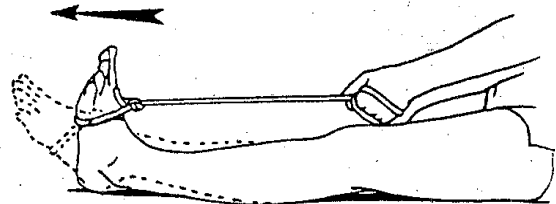


Resisted Dorsiflexion



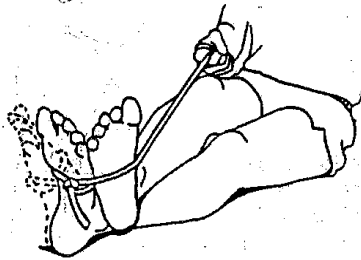
With tubing anchored in doorjamb, pull foot toward face. Return slowly to starting position. Relax.
Repeat _____ times. Do _____ sessions per day.

Resisted Plantar Flexion



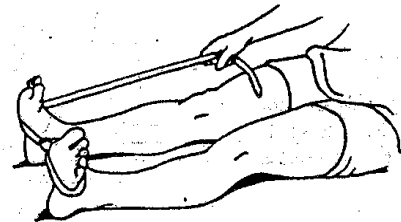
With tubing around foot, press foot down.
Repeat _____ times. Do _____ sessions per day.

Resisted Inversion



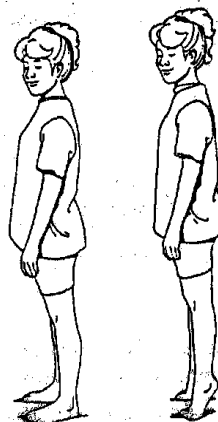
Cross legs with involved ankle underneath. With tubing anchored around uninvolved foot, slowly turn involved foot inward.
Repeat _____ times. Do _____ sessions per day.

Resisted Eversion



With tubing anchored around uninvolved foot, slowly turn involved foot outward.
Repeat _____ times. Do _____ sessions per day.

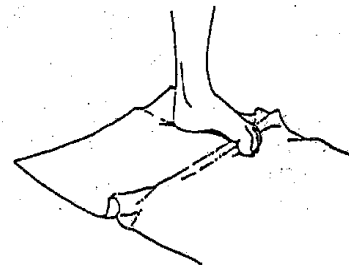
Standing Bilateral Heel Rise



Rise on balls of feet.

Repeat _____ repetitions/set.
Do _____ sets/session.
Do _____ sessions/day.

Single Leg Toe Curling



With foot resting on towel, slowly bunch towel up as you curl toes.

Repeat _____ times. Do _____ sessions per day.