

ANKLE

Range of Motion Therapeutic Exercises

GENERAL INSTRUCTIONS:

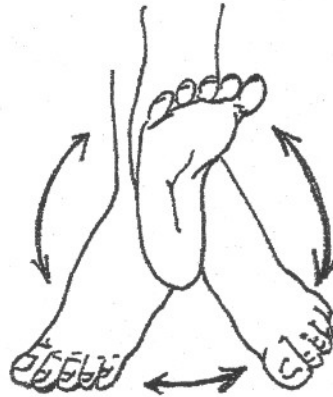
Do only those exercises taught to you by your therapist.
Exercise twice daily, 10 of each.

Bend ankle up toward your body as far as possible. Now point toes away from your body. Hold 5 seconds. Repeat.



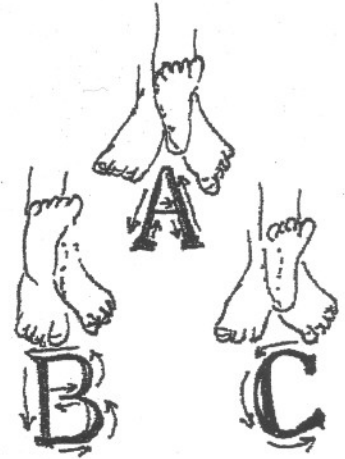
1

Move your ankle around slowly in a large circle. Repeat in opposite direction. Repeat.



2

Move your ankle around slowly as if tracing the letters of the alphabet A-E. Repeat.



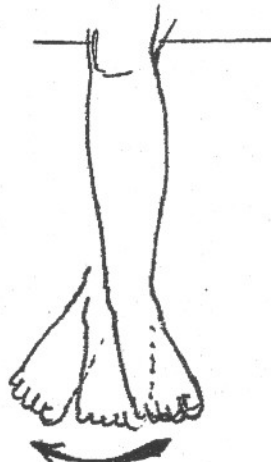
3

Sit with leg crossed over and grasp foot as shown. Turn foot (forefoot and heel) upward and then downward so that you feel a stretch. Hold 5 seconds. Repeat.



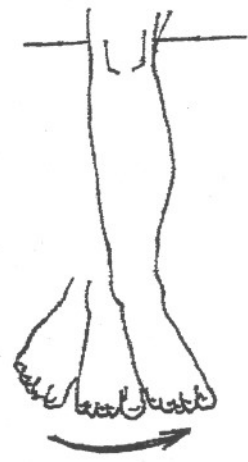
4

Without moving your hip or knees, turn the bottom of your foot outward as far as you can. Hold 5 seconds. Repeat.



5

Without moving your hip or knee, turn the bottom of your foot inward as far as you can. Hold 5 seconds. Repeat.



6

EXERCISE GUIDELINES:

Exhale on exertion. Hold position for 5 seconds and then relax.

Pulling sensations may occur while exercising. Stop exercising if you experience pain, nausea or dizziness.