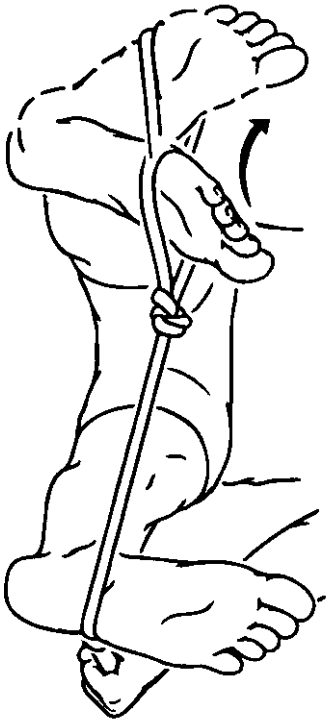


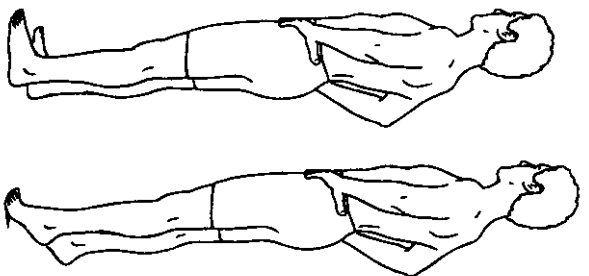
Theraband Exercise: Resisted Ankle Eversion



With injured foot in tubing loop, hold tubing around other foot to resist and turn foot out in a slow and controlled manner. Repeat 10 times and do 3 sets of 10.

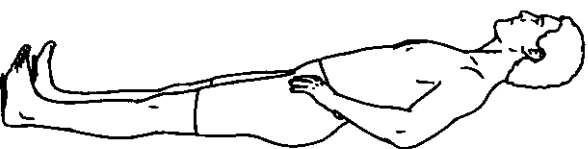
Standing Heel Raises

Rise on balls of feet and slowly lower it. Repeat 10 times. Do 3 sets of 10.



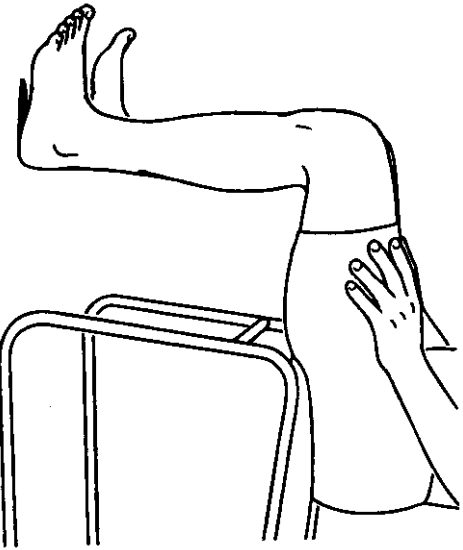
Standing Toe Raise

Rock back on heels and lift toes off the ground. Repeat 10 times and do 3 sets of 10.

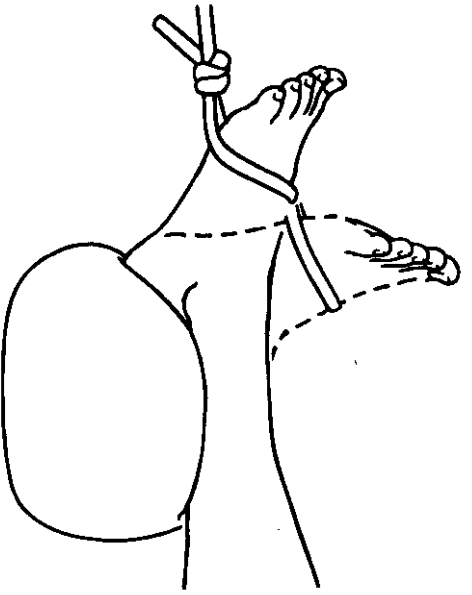


Seated Toe Raises

Raise toes, keeping heels on floor. Repeat 10 times and do 3 sets of 10.

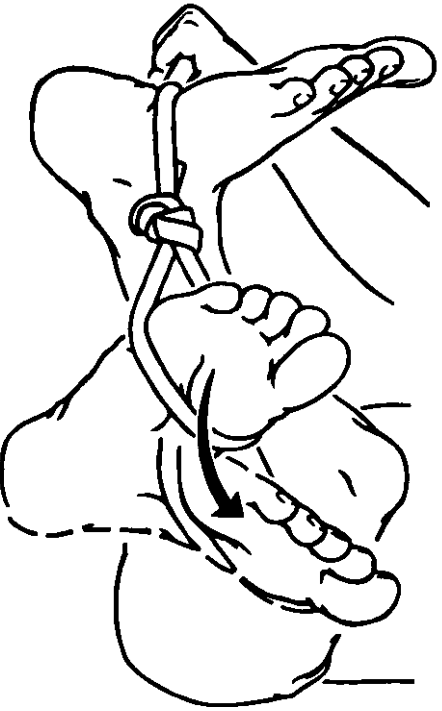


ANKLE / FOOT - 5 Dorsiflexion: Resisted



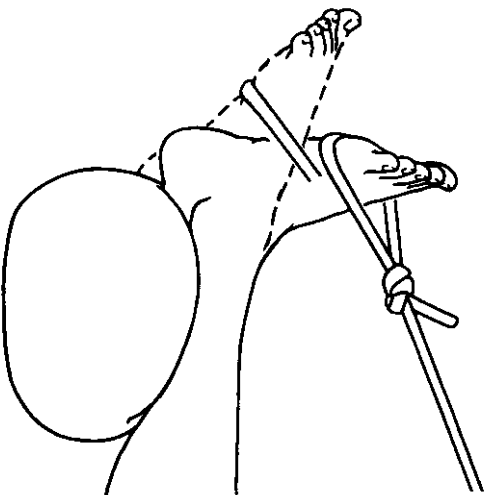
Facing anchor, tubing around injured foot, pull toward face.
Repeat 10 times per set. Do 3 sets per session.

ANKLE / FOOT - 7 Inversion: Resisted



Cross legs with injured leg underneath, foot in tubing loop.
Hold tubing around other foot to resist and turn foot in.
Repeat 10 times per set. Do 3 sets per session.

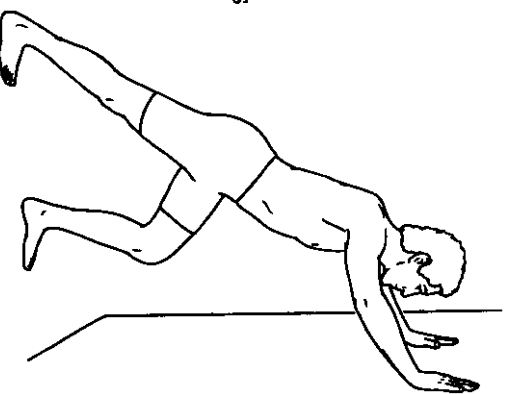
ANKLE / FOOT - 6 Plantar Flexion: Resisted



Anchor behind, tubing around injured foot, press down.
Repeat 10 times per set. Do 3 sets per session.

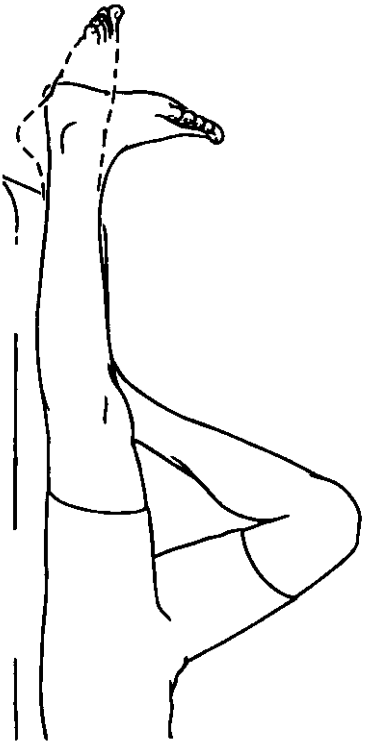
ANKLE / FOOT - 14 Gastroc Stretch

Stand with injured foot
back, leg straight, forward
leg bent. Keeping heel on
floor, turned slightly out,
lean into wall until stretch is
felt in calf. Hold 30-60
seconds.



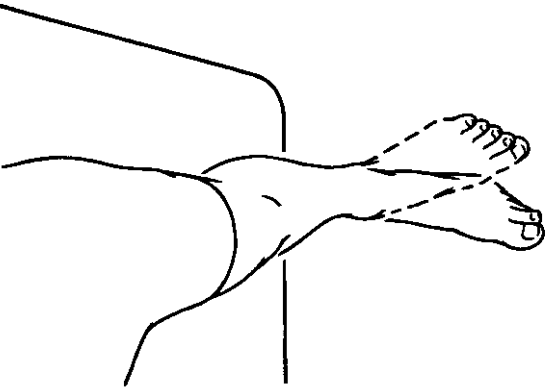
Repeat 3 times

ANKLE / FOOT - 18 ROM: Plantar / Dorsiflexion



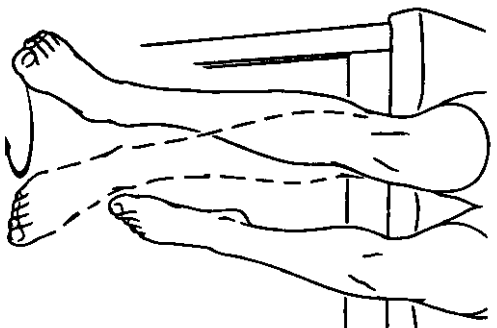
With injured leg relaxed, gently flex and extend ankle.
Move through full range of motion. Avoid pain. Repeat 20 times in each direction.

ANKLE / FOOT - 19 ROM: Inversion / Eversion



With injured leg relaxed, gently turn ankle and foot in and out. Move through full range of motion. Avoid pain. Repeat 20 times.

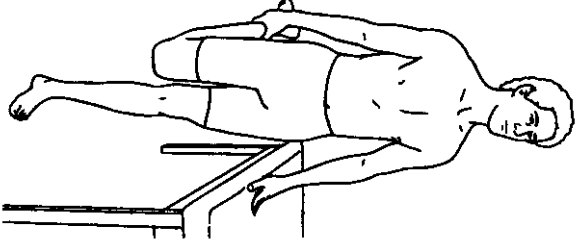
ANKLE / FOOT - 16 Ankle Circles



Slowly rotate injured foot and ankle clockwise then counterclockwise. Gradually increase range of motion. Avoid pain. Repeat 20 times.

HIP / KNEE - 37 Stretching: Quadriceps (Standing)

Pull injured heel toward buttock until stretch is felt in front of thigh.
Hold 10 seconds and repeat 10 time each leg.



HIP / KNEE - 63 Stretching: Calf - Towel

Sit with knee straight and towel looped around the ball of the foot. Gently pull on towel until stretch is felt in calf. Hold 30 seconds. Relax. Then repeat 3 times each leg.

