



9250 SW Hall Blvd., Tigard, OR 97223
503-293-0161 x4028

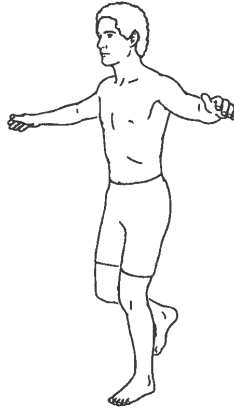
Ankle Stretches

ANKLE/FOOT - Balance: Unilateral

Attempt to balance on leg, eyes open.
Hold 30 seconds.

Repeat ____ times per set.
Do ____ sets per leg.
Do ____ sessions per day.

____ Perform exercise with eyes closed.



ANKLE/FOOT - PROM: Ankle Plantar/Dorsiflexion

Gently grasp foot and bend foot and ankle
up and down to get a good stretch.
Hold position for 30 seconds.

Repeat ____ times per set.
Do ____ sets per session.
Do ____ sessions per day.

____ Have someone else move foot.



ANKLE/FOOT - PRE: Dorsiflexion

Sitting with leg over edge of table or bed
and 1-2 pound weight around foot, flex ankle,
moving toes toward knee.

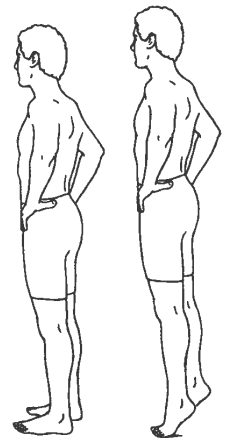
Repeat ____ times per set.
Do ____ sets per session.
Do ____ sessions per day.



ANKLE/FOOT - Heel Raise: Bilateral (Standing)

Rise on balls of feet.

Repeat ____ times per set.
Do ____ sets per session.
Do ____ sessions per day.



ANKLE/FOOT - Toe Raise (Standing)

Rock back on heels.

Repeat ____ times per set.
Do ____ sets per session.
Do ____ sessions per day.



ANKLE/FOOT - Gastroc Stretch

Stand with right foot back, leg straight,
forward leg bent. Keeping heel on floor,
turned slightly out, lean into wall until
stretch is felt in calf.

Repeat ____ times per set.
Do ____ sessions per day.

