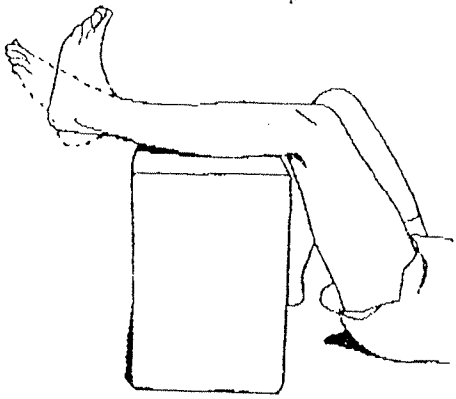


ANKLE/FOOT - 17 Ankle Pump



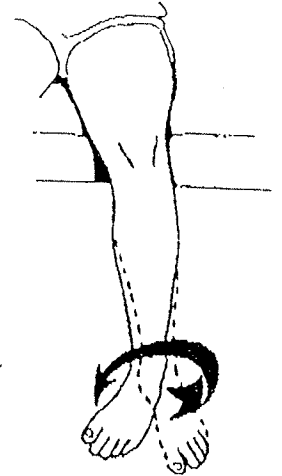
With leg elevated, gently flex and extend ankle.

Repeat 30 repetitions/set. Do 3 sets/session.

Do 3 sessions/day

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ANKLE/FOOT - 16 Ankle Circles



Slowly rotate foot/ankle clockwise and counter-clockwise. Gradually increase range of motion. Avoid pain.

Repeat 30 repetitions/set.

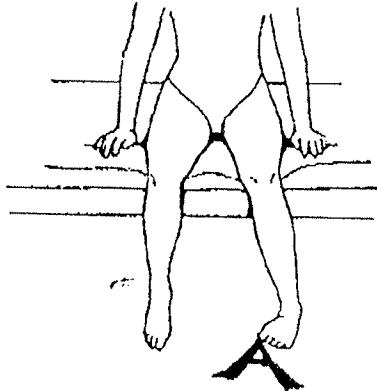
Do 3 sets/session.

Do 3 sessions/day.

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ANKLE/FOOT - 9 Ankle Alphabet

Using your ankle and foot only, trace the letters of the alphabet. Perform A to Z.

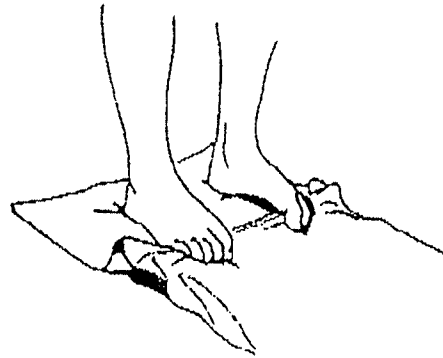


Repeat 3 times.

Do 3 sessions per day.

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ANKLE/FOOT - 11 Double Leg Toe Curling

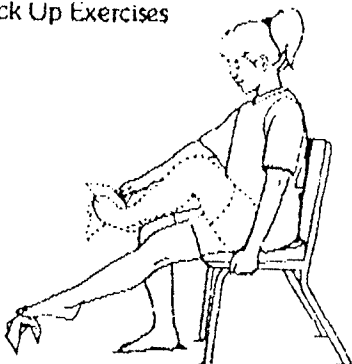


With both feet resting on towel, bunch towel up as you curl toes.

Repeat 30 times. Do 3 sessions per day.

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ANKLE/FOOT - 25 Pick Up Exercises



Use toes of **RIGHT** **LEFT** foot to pick up objects from floor, such as coins, marbles, tissue, _____, _____ and place in opposite hand.

Repeat 30 repetitions/set Do 3 sets/session.

Do 3 sessions/day.

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TOC The Orthopaedic Center

John J. Greco, M.D.

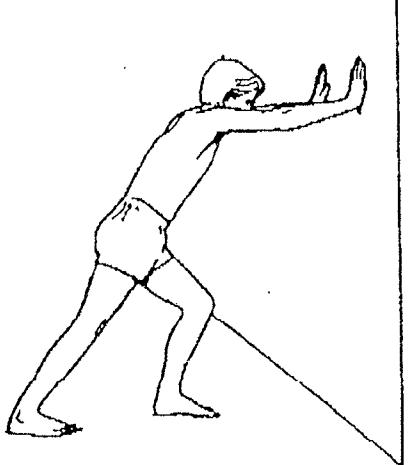
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ANKLE/FOOT - 14 Gastroc Stretch

Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until stretch is felt in calf.

Hold 30 seconds.
Repeat 3 times.
Do 2-3 sessions per day.



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ANKLE/FOOT - 13 Soleus Stretch

Standing with both knees bent and involved foot back, gently lean into wall until stretch is felt in lower calf.

Hold 30 seconds.
Repeat 3 times.
Do 2-3 sessions per day.



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ANKLE/FOOT - 15 One Foot Balance

Attempt to balance on involved leg. Begin with eyes open and then attempt to perform exercise with eyes closed.

Hold 30 seconds/minutes.
Repeat 3 times.
Do 2-3 sessions per day.

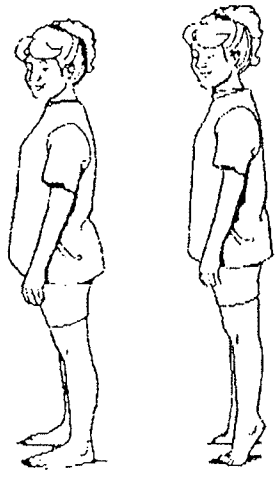


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ANKLE/FOOT - 20 Standing Bilateral Heel Rise

Rise on balls of feet.

Repeat 30 repetitions/set.
Do 3 sets/session
Do 3 sessions/day.

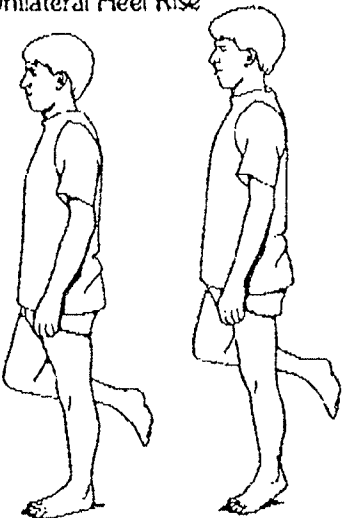


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ANKLE/FOOT - 21 Standing Unilateral Heel Rise

Balance on RIGHT/LEFT foot, then rise on ball of foot.

Repeat 30 repetitions/set.
Do 3 sets/session.
Do 3 sessions/day.



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ANKLE/FOOT - 22 Standing Toe Raise

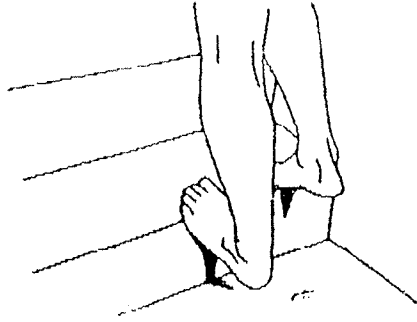
Rock back on heels..

Repeat 30 repetitions/set.
Do 3 sets/session.
Do 3 sessions/day.



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ANKLE/FOOT - 12 Plantar Fascia Stretch



Standing with ball of foot on stair, reach for bottom step with heel until a stretch is felt through the arch of the foot. Hold 30 seconds. Relax. Repeat 3 times. Do 3 sessions per day.

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ANKLE/FOOT - 23 Sitting Heel Rise

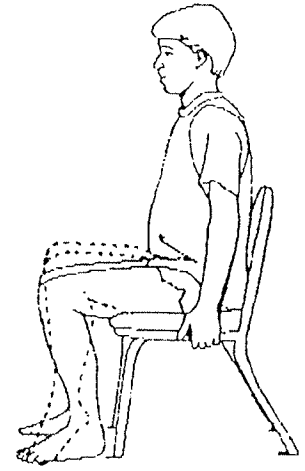
Rise up on balls of feet.

Repeat 30 repetitions/set.

Do 3 sets/session.

Do 3 sessions/day.

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ANKLE/FOOT - 24 Sitting Toe Raise

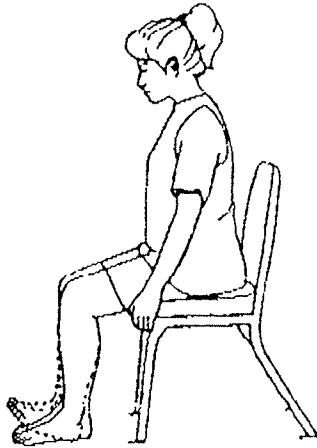
Raise toes off floor. Keep heels on floor.

Repeat 30 repetitions/set.

Do 3 sets/session.

Do 3 sessions/day.

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ANKLE/FOOT - 24 Sitting Heel/Toe Walk Side to Side

Repeat 30 repetitions/set.

Do 3 sets/session.

Do 3 sessions/day.

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