



ANKLE CIRCLES

Move your ankle in a circular pattern one direction for several repetitions and then reverse the direction.

Big and small circles. Video # VV8255M9P

Repeat 5 Times

Complete 3 Sets

Perform 1 Times a Day



ANKLE ABC'S

While in a seated position, write out the alphabet in the air with your big toe.

Your ankle should be moving as you perform this.

Uppercase and lowercase Video # VVWT9C6SV

Repeat 3 Times

Complete 1 Set

Hold 1 Second

Perform 1 Times a Day



TOWEL SLIDES - INVERSION

While seated, use a towel and slide it with your foot across the floor in an inward direction.

Be sure to keep your heel in contact with the floor the entire time.

**If it is too easy with just the towel, add a bag of rice to the towel
Video # VVPMVVR4F

Repeat 15 Times

Complete 2 Sets

Hold 1 Second

Perform 1 Times a Day



TOWEL SLIDES - EVERSION

While seated, use a towel and slide it with your foot across the floor in an outward direction.

Be sure to keep your heel in contact with the floor the entire time.

**If it is too easy with just the towel, add a bag of rice to the towel
Video # VVYD3YUZR

Repeat 15 Times
Complete 2 Sets

Hold 1 Second
Perform 1 Times a Day



TOWEL CURLS

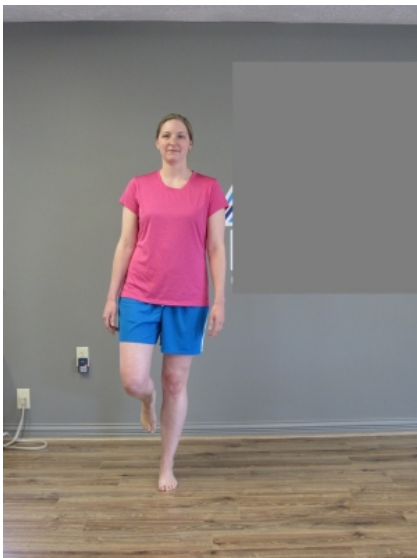
While seated, use a towel and draw it back towards you using your toes. Curl your toes inward.

Be sure to keep your heel in contact with the floor the entire time.

**If it is too easy with just the towel, add a bag of rice to the towel
Video # VVSSVNRG8

Repeat 15 Times
Complete 2 Sets

Hold 1 Second
Perform 1 Times a Day



Single Leg Balance

Single Leg Balance

Pick up one of your feet behind you so that you are standing on one leg. Stand up tall and look straight ahead. Repeat on other leg.

Do this in front of a counter for safety.

Repeat 3 Times
Complete 2 Sets

Hold 30 Seconds



ECCENTRIC CALF RAISES

With foot pointed straight, slowly raise up onto toes, hold 2 seconds, then on only your affected leg lower yourself to the starting position.

Repeat 15 Times
Complete 2 Sets

Hold 2 Seconds



SINGLE LEG DEAD LIFT

While standing on one leg, bend forward towards touching the ground as you extend your leg behind you. Then return to the original position.

Keep your legs straight and maintain your balance the entire time.

Repeat 15 Times
Complete 2 Sets

Hold 1 Second

Perform 1 Times a Day



SQUATS - SINGLE LEG

While standing on one leg in front of a stable support for assisted balance, bend your knee and lower your body towards the floor. Return to a standing position.

Knee should bend in line with the 2nd toe and not pass the front of the foot. Video # VV5G8ZCZC

Repeat 15 Times
Complete 2 Sets

Hold 1 Second

Perform 1 Times a Day

CALF STRETCH WITH TOWEL

While in a seated position, hook a towel under your foot and pull your ankle back until a stretch is felt on your calf area.

Keep your knee in a straightened position during the stretch.
Video # VVGU5LGMB



Repeat 3 Times
Complete 1 Set

Hold 30 Seconds
Perform 1 Times a Day