

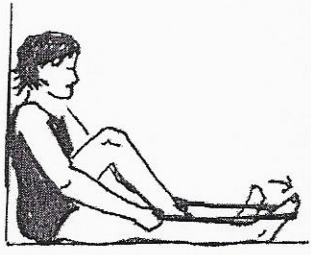
## ANKLE

### Strengthening Therapeutic Exercises

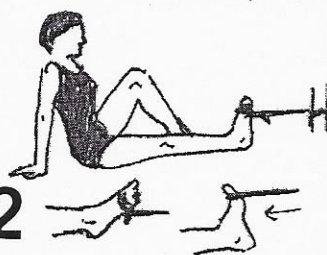
#### GENERAL INSTRUCTIONS:

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

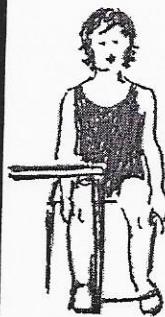
1 Place elastic tubing around foot as shown. Push toes slowly away from your body. Hold 5 seconds. Repeat.



2 Tie one end of elastic tubing to a solid object and the other end to your foot as shown. Pull foot up toward yourself slowly. Hold 5 secs. Repeat.



3 Sitting on a chair, place tubing around foot as shown. Without moving hip or knee, tip the bottom of your foot outward away from your body. Hold 5 seconds. Repeat.



4 Sitting on a chair, place tubing around foot as shown. Without moving hip or knee, tip the bottom of your foot inward toward your body. Hold 5 seconds. Repeat.



5 Sitting with your knees together, tie elastic tubing around feet as shown. Turn feet outward. Hold 5 seconds. Repeat.



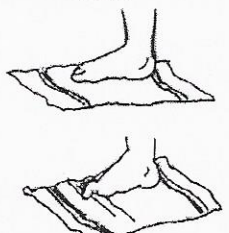
6 Walk on heels with toes raised up off the floor. Hold on to wall for support if necessary. Repeat.



7 Stand on one foot while holding on to sturdy object. Raise up slowly on your toes as high as you can. Hold 5 seconds. Repeat.



8 Begin with foot flat on the floor with towel as shown. Keeping heel on floor, repetitively "scrunch up" towel. Each time you curl your toes equals one repetition. Repeat.



9 Begin with foot flat on the floor. Using your toes, pick up marbles one by one and place



#### 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.