

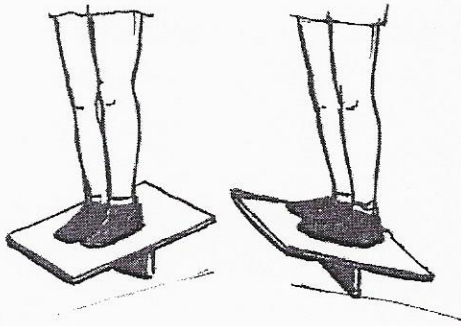
ANKLE

Rocker & Wobble Board Exercises

GENERAL INSTRUCTIONS:

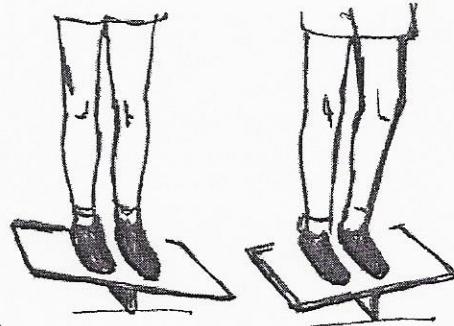
Do only those exercises taught to you by your therapist.
Exercise twice daily, 10 repetitions of each.

Stand on balance board with feet placed as shown. Keeping feet flat on the board, use the motion of your ankles to rock the board slowly backward and forward. Try not to let the edges of the board touch the floor. Repeat.



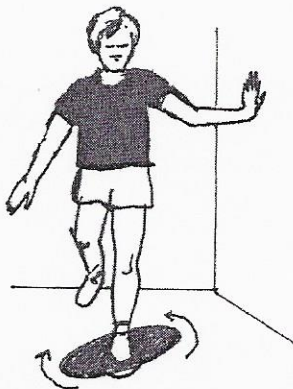
1

Stand on balance board with feet placed as shown. Keeping feet flat on the board, use the motion of your ankles to rock the board slowly from side to side. Try not to let the edges of the board touch the floor. Repeat.



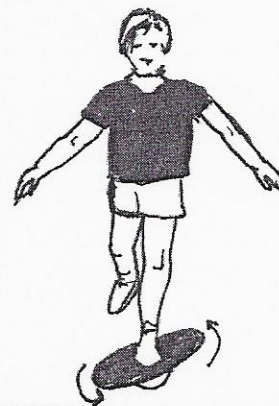
2

Stand on balance disc with one hand on wall as shown. Keeping foot flat on the disc, use the motion of your ankle to move the disc in a circular motion, clockwise and counterclockwise, and from side to side. Try not to let the edges of the disc touch the floor. Repeat.



3

Stand on balance disc without holding onto the wall as shown. Keeping foot flat on the disc, use the motion of your ankle to move the disc in a circular motion, clockwise and counterclockwise, and from side to side. Try not to let the edges of the disc touch the floor. Repeat.



4

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.