

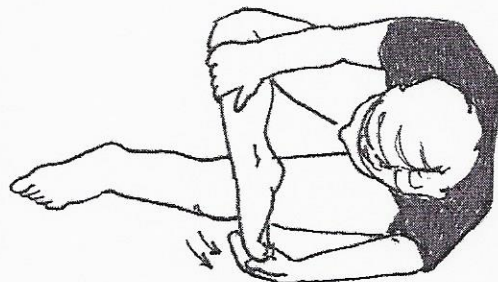
ANKLE

Stretching Extension-Flexion Therapeutic Exercises

GENERAL INSTRUCTIONS:

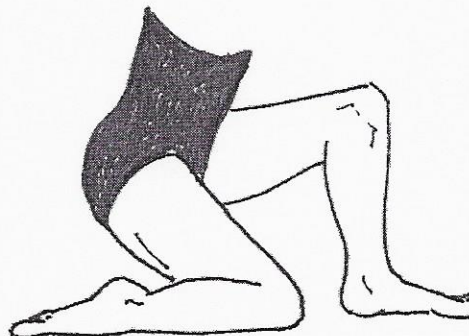
Do only those exercises taught to you by your therapist.
Exercise twice daily, 10 repetitions of each.

Extension Level A: Assume position shown, pulling the toes up toward your body so that you feel a stretch. Hold 5 seconds. Repeat.



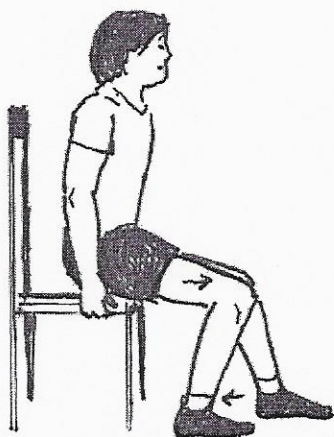
1

Extension Level B: Assume position shown, with the toes pointed behind you. Lean your body weight downward so that you feel a stretch. Hold 5 seconds. Repeat.



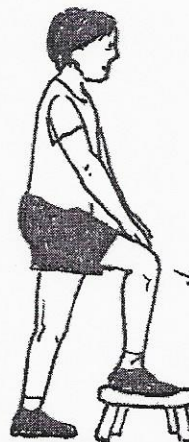
2

Flexion Level A: Assume position as shown, with one foot close to chair. Keep the whole foot flat on the floor. Move that knee forward and backward so that you feel a stretch. Hold 5 seconds. Repeat.



3

Flexion Level B: Assume position shown, with one foot flat on a stool. Point toes directly forward. Lean forward toward your toes so that you feel a stretch. Hold 5 seconds. Repeat.



4

EXERCISE GUIDELINES:

Exhale on exertion. Hold position for 30 seconds and then relax.

Pulling sensations may occur while exercising. Stop exercising if you experience pain, nausea or dizziness.