

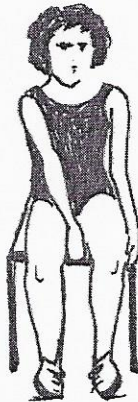
## ANKLE

### Stretching Pronation-Supination Therapeutic Exercises

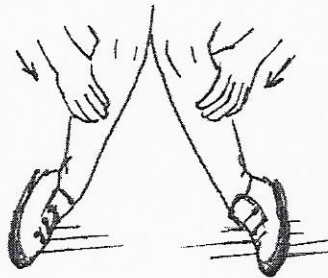
#### GENERAL INSTRUCTIONS:

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

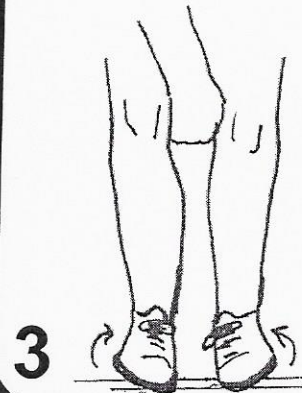
**Pronation Level A:** Sit in a chair placing fist between knees as shown. Tip the outside edges of your feet upward, leaving the inside edge of your feet touching the floor. Hold 5 seconds. Repeat.



**Pronation Level B:** Sit with knees together, weight on inside borders of feet and soles of feet outward as shown. Push downward and inward so that you feel a stretch. Hold 5 seconds. Repeat.



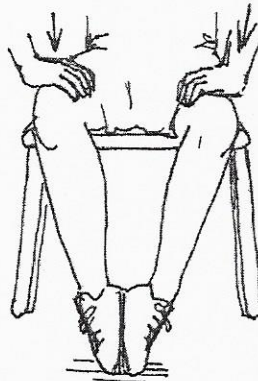
**Pronation Level C:** Stand bent over, place your fist between your knees as shown. Tip the outside edges of your feet upward, leaving the inside edge of your feet touching the floor. Hold 5 seconds. Repeat.



**Supination Level A:** Sit in a chair placing fist between knees as shown. Tip the inside edges of your feet upward, leaving the outside edge of your feet touching the floor. Hold 5 seconds. Repeat.



**Supination Level B:** Sit with soles of feet facing inward as shown. Bring knees inward and push downward so that you feel a stretch. Hold 5 seconds. Repeat.



**Supination Level C:** Standing bent over, place your fist between knees as shown. Tip the inside edges of your feet upward, leaving the outside edge of your feet touching the floor. Hold 5 seconds. Repeat.



#### 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.