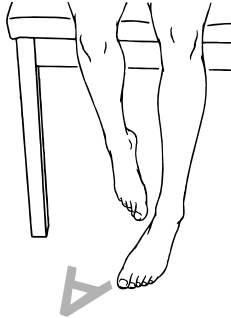


# LOWER EXTREMITY HOME PROGRAM

ANKLE / FOOT - 9 Ankle Alphabet

Using \_\_\_ ankle and foot only, trace the letters of the alphabet. Perform A to Z.



Repeat 8-10 times per set.  
Do 2-3 sets per session.  
Do 1-2 sessions per day.

ANKLE / FOOT - 10 Toe Curl: Unilateral

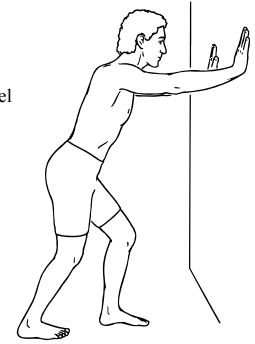


With \_\_\_ foot resting on towel, slowly bunch up towel by curling toes.

Repeat 8-10 times per set. Do 2-3 sets per session.  
Do 1-2 sessions per day.

ANKLE / FOOT - 13 Soleus Stretch

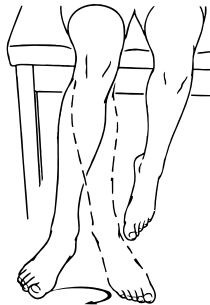
Stand with \_\_\_ foot back, both knees bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in lower calf. Hold 52 seconds.



Repeat 8-10 times per set.  
Do 2-3 sets per session.  
Do 1-2 sessions per day.

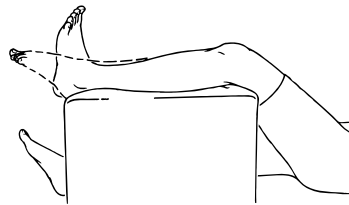
ANKLE / FOOT - 16 Ankle Circles

Slowly rotate right foot and ankle clockwise then counterclockwise. Gradually increase range of motion. Avoid pain.



Circle 10 times each direction per set.  
Do 2-3 sets per session.  
Do 1-2 sessions per day.

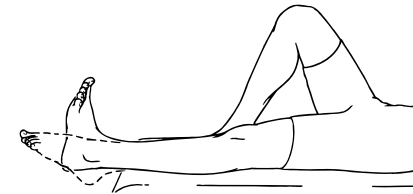
ANKLE / FOOT - 17 Ankle Pump



With \_\_\_ leg elevated, gently flex and extend ankle. Move through full range of motion. Avoid pain.

Repeat 8-10 times per set. Do 2-3 sets per session.  
Do 1-2 sessions per day.

ANKLE / FOOT - 18 ROM: Plantar / Dorsiflexion

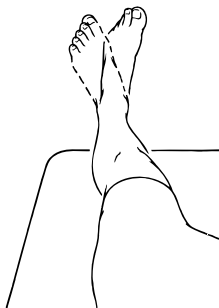


With \_\_\_ leg relaxed, gently flex and extend ankle. Move through full range of motion. Avoid pain.

Repeat 8-10 times per set. Do 2-3 sets per session.  
Do 1-2 sessions per day.

ANKLE / FOOT - 19 ROM: Inversion / Eversion

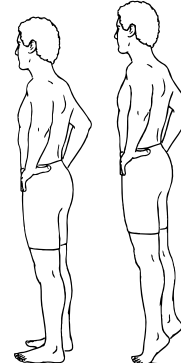
With \_\_\_ leg relaxed, gently turn ankle and foot in and out. Move through full range of motion. Avoid pain.



Repeat 8-10 times per set.  
Do 2-3 sets per session.  
Do 1-2 sessions per day.

ANKLE / FOOT - 20 Heel Raise: Bilateral (Standing)

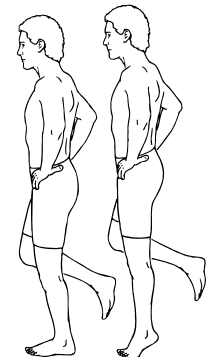
Rise on balls of feet.



Repeat 8-10 times per set.  
Do 2-3 sets per session.  
Do 1-2 sessions per day.

ANKLE / FOOT - 21 Heel Raise: Unilateral (Standing)

Balance on \_\_\_ foot, then rise on ball of foot.



Repeat 8-10 times per set.  
Do 2-3 sets per session.  
Do 1-2 sessions per day.

# LOWER EXTREMITY HOME PROGRAM

ANKLE / FOOT - 22 Toe Raise (Standing)

Rock back on heels.

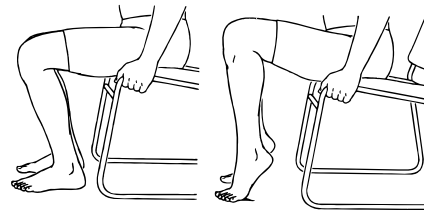
Repeat 8-12 times per set.  
Do 2-3 sets per session.  
Do 2-3 sessions per day.



ANKLE / FOOT - 23 Heel Raise (Sitting)

Raise heels, keeping toes on floor.

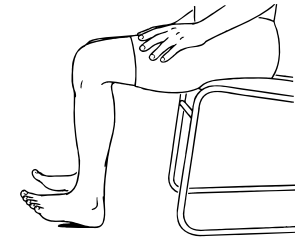
Repeat 8-12 times per set. Do 2-3 sets per session.  
Do 1-3 sessions per day.



ANKLE / FOOT - 24 Toe Raise (Sitting)

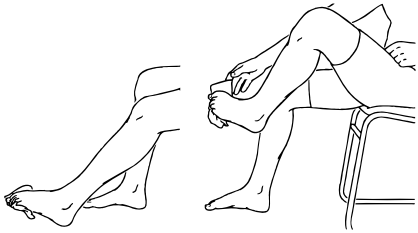
Raise toes, keeping heels on floor.

Repeat 8-12 times per set. Do 2-3 sets per session.  
Do 1-3 sessions per day.



ANKLE / FOOT - 25 Toe Pick-Up

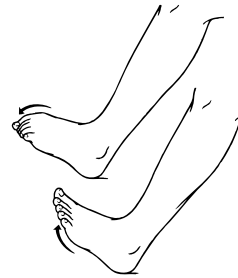
Use toes of \_\_\_ foot to pick up objects from floor, such as t coins, marbles, tissue, paper towels, socks, or face towels; and place in opposite hand.  
Repeat 8-10 times per set. Do 2-3 sets per session.  
Do 1-2 sessions per day.



ANKLE / FOOT - 31 AROM: Toe Curl

Sitting or lying with \_\_\_ heel supported, gently curl and straighten toes.

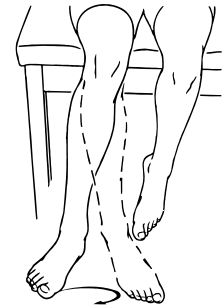
Repeat 8-12 times per set.  
Do 2-3 sets per session.  
Do 1-3 sessions per day.



ANKLE / FOOT - 16 Ankle Circles

Slowly rotate \_\_\_ foot and ankle clockwise then counterclockwise. Gradually increase range of motion. Avoid pain.

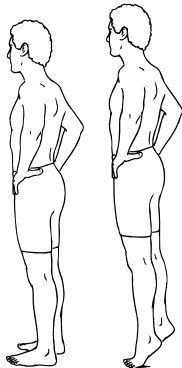
Circle 8-10 times each direction per set.  
Do 2-3 sets per session.  
Do 1-2 sessions per day.



ANKLE / FOOT - 20 Heel Raise: Bilateral (Standing)

Rise on balls of feet.

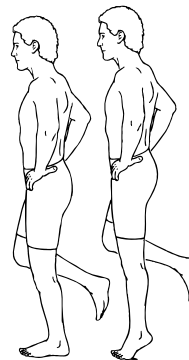
Repeat 8-10 times per set.  
Do 2-3 sets per session.  
Do 1-3 sessions per day.



ANKLE / FOOT - 21 Heel Raise: Unilateral (Standing)

Balance on \_\_\_ foot, then rise on ball of foot.

Repeat 8-10 times per set.  
Do 2-3 sets per session.  
Do 1-3 sessions per day.



ANKLE / FOOT - 44 Balance: Three-Way Leg Swing

Stand on \_\_\_ foot, hands on hips. Reach other foot forward 8-10 times, sideways 8-10 times, back 8-10 times. Hold each position 5 seconds. Relax.

Repeat 8-10 times per set.  
Do 2-3 sets per session.  
Do 1-2 sessions per day.

