ANKLE/FOOT - 6 Resisted Plantar Flexion

With tubing around foot, press foot down. Repeat ____ times. Do ____ sessions per day.

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ANKLE/FOOT - 5 Resisted Dorsiflexion

With tubing anchored in doorjamb, pull foot toward face. Return slowly to starting position. Relax. Repeat ____ times. Do ____ sessions per day.

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ANKLE/FOOT - 8 Resisted Eversion

With tubing anchored around uninvolved foot, slowly turn involved foot outward. Repeat ____ times. Do ____ sessions per day.

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ANKLE/FOOT - 7 Resisted Inversion

Cross legs with involved ankle underneath. With tubing anchored around uninvolved foot, slowly turn involved foot inward. Repeat ____ times. Do ____ sessions per day.

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