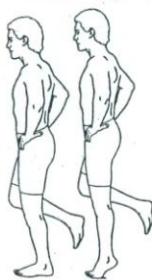


ANKLE / FOOT - 21 Heel Raise: Unilateral (Standing)

Balance on **right** foot, then rise on ball of foot.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

ANKLE / FOOT - 26
Balance: Unilateral - Foam

Eyes open, balance with **right** leg on dense foam. Hold _____ seconds.



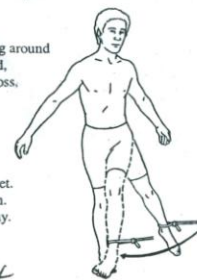
Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

— Perform exercise with eyes closed.

Have someone on throw Ball to You

ANKLE / FOOT - 35 LE Diagonal Flexion 1: Resisted

Stand on other foot, tubing around **right** ankle, anchor behind, bring leg forward and across, keeping knee straight.

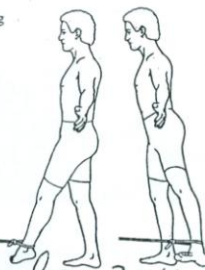


Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

Stand on 2x4

ANKLE / FOOT - 36 LE Diagonal Extension 1: Resisted

Stand on other foot, tubing around **right** leg, anchor forward on other side, begin with leg across, forward. Extend leg out and behind in reverse kick.

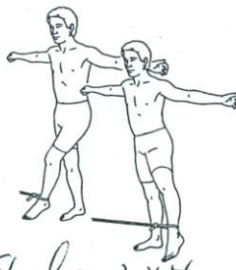


Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

Stand on 2x4

ANKLE / FOOT - 37 LE Diagonal Extension 2: Resisted

Stand on other foot, tubing around **right** leg, anchor forward on other side, begin with leg forward across body. Bring leg back and out to side.

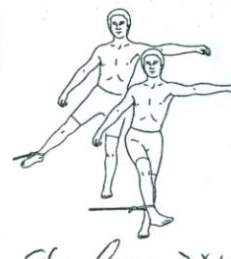


Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

Stand on 2x4

ANKLE / FOOT - 38 LE Diagonal Flexion 2: Resisted

Stand on other foot, tubing around **right** leg, anchor forward on same side, begin with leg out, forward. Bring leg back across front.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

Stand on 2x4

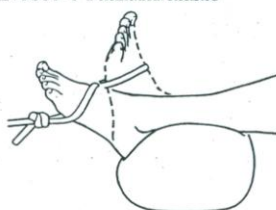
ANKLE / FOOT - 46 Balance / Reach

Stand on **right** foot, Holding _____ pound weight in other hand. Bend knee, lowering body, and reach across. Hold _____ seconds. Relax.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

ANKLE / FOOT - 5 Dorsiflexion: Resisted



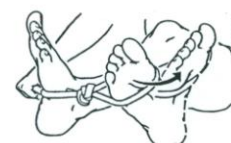
Facing anchor, tubing around **right** foot, pull toward face. Repeat _____ times per set. Do _____ sets per session. Do _____ sessions per day.

ANKLE / FOOT - 6 Plantar Flexion: Resisted



Anchor behind, tubing around **right** foot, press down. Repeat _____ times per set. Do _____ sets per session. Do _____ sessions per day.

ANKLE / FOOT - 7 Inversion: Resisted



Cross legs with **right** leg underneath, foot in tubing loop. Hold tubing around other foot to resist and turn foot in. Repeat _____ times per set. Do _____ sets per session. Do _____ sessions per day.

ANKLE / FOOT - 8 Eversion: Resisted



With **right** foot in tubing loop, hold tubing around other foot to resist and turn foot out. Repeat _____ times per set. Do _____ sets per session. Do _____ sessions per day.

ANKLE / FOOT - 13 Soleus Stretch

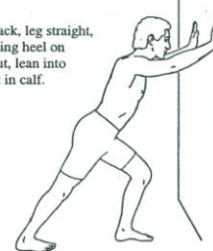
Stand with **right** foot back, both knees bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in lower calf. Hold _____ seconds.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

ANKLE / FOOT - 14 Gastroc Stretch

Stand with **right** foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf. Hold _____ seconds.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.