

ANKLE PUMPS - AP

Bend your foot up and down at your ankle joint as shown.
**Elevate your foot when performing this (such as laying down and propping your foot on the couch/wall). Video # VVCN9JKTM

Repeat 15 Times
Complete 3 Sets

Hold 1 Second
Perform 3 Times a Day

**ANKLE ABC'S**

Point your toes. While in a seated position, write out the alphabet in the air with your big toe.

Your ankle should be moving as you perform this. Make as big of letters as you can without too much discomfort. Do the entire alphabet once (1 rep=1 letter, 26 reps=entire alphabet) Video # VVWT9C6SV

Repeat 26 Times
Complete 1 Set

Hold 1 Second
Perform 1 Times a Day

**TOWEL SLIDES - INVERSION**

While seated, use a towel and slide it with your foot across the floor in an inward direction.

Be sure to keep your heel in contact with the floor the entire time.
Video # VVPMVVR4F

Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day



TOWEL SLIDES - EVERSION

While seated, use a towel and slide it with your foot across the floor in an outward direction.

Be sure to keep your heel in contact with the floor the entire time. Video # VVYD3YUZR

Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day



Seated Towel Scrunches with foot.

Sit with a towel on a smooth surface. Place your foot on the towel. Using your toes, scrunch the towel up. Unfold fold the towel and repeat the process.

Repeat 20 Times
Complete 2 Sets

Perform 1 Times a Day



TOES RAISES - DORSIFLEXION - BOTH

Start with your feet on the ground.

Next, raise up both forefeet and toes as shown as you bend at your ankle. Keep your heels on the ground the entire time. Video # VV9MYLXDN

Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day



HEEL RAISES - PLANTARFLEXION - BILATERAL

Start with your entire foot on the ground.

Next, raise up your heels as you press your toes down. Keep your toes on the ground the entire time. Video # VV2NR3769

Repeat 10 Times

Hold 1 Second

Complete 3 Sets

Perform 1 Times a Day



CALF STRETCH WITH TOWEL

While in a seated position, hook a towel under your foot and pull your ankle back until a stretch is felt on your calf area.

Keep your knee in a straightened position during the stretch. Video # VVGU5LGMB

Repeat 2 Times

Hold 30 Seconds

Complete 1 Set

Perform 1 Times a Day