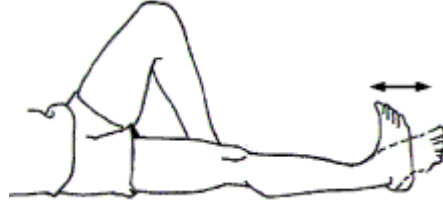
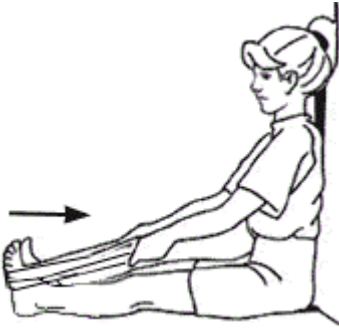


# Ankle Range of Motion



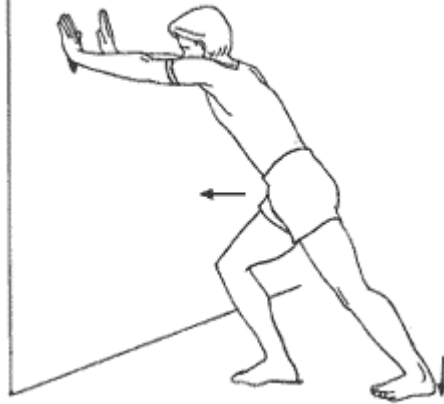
PUMP THE FOOT UPWARD AND DOWNWARD.

<b>Repeat:</b>	10 times	<b>Sets:</b>	1
<b>Hold Time:</b>	5 secs	<b>Resistance/Time:</b>	0
<b>Sessions:</b>	2 /day		



WRAP A TOWEL AROUND THE BALL OF YOUR FOOT AND GENTLY PULL TOWARD YOUR BODY.

<b>Repeat:</b>	3 times	<b>Sets:</b>	0
<b>Hold Time:</b>	20 secs	<b>Resistance/Time:</b>	0
<b>Sessions:</b>	2 /day		



KEEPING BACK AND LEG STRAIGHT WITH HEEL ON FLOOR LEAN INTO WALL UNTIL A STRETCH IS FELT IN THE CALF.

<b>Repeat:</b>	3 times	<b>Sets:</b>	0
<b>Hold Time:</b>	20 secs	<b>Resistance/Time:</b>	0
<b>Sessions:</b>	2 /day		



WITH ONE HAND GRAB YOUR LOWER LEG AND WITH THE OTHER GRAB YOUR FOOT. PULL YOUR FOOT IN A DOWNWARD DIRECTION.

<b>Repeat:</b>	3 times	<b>Sets:</b>	0
<b>Hold Time:</b>	20 secs	<b>Resistance/Time:</b>	0
<b>Sessions:</b>	2 /day		