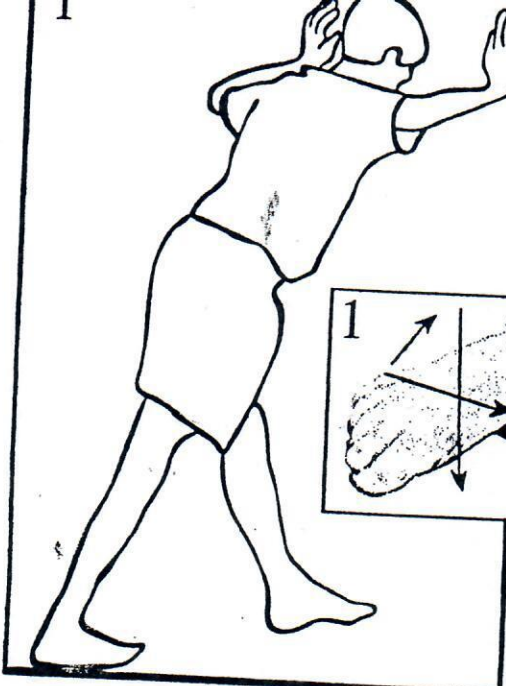
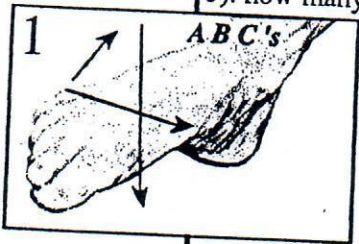


ANKLE FOOT RENAB



1 Exaggerated range of motion write the ABC's with foot, toes and ankle.

2 Pencil pick ups with toes (use all 5). how many pick ups in 1 minute.

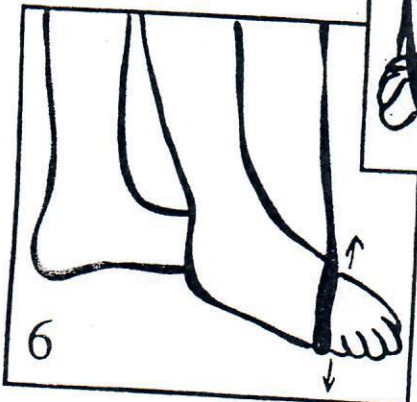
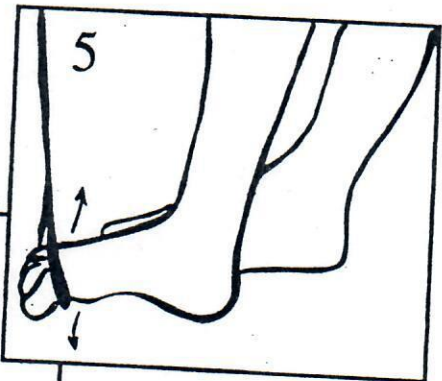


3 Wall stretches - start by placing both feet together 2 to 5 feet from wall - then put one foot touching wall - lock knees back and lean forward putting head on wall. Hold 20-60 seconds.



4 Wall pushups- start with both feet. Raise up as far as possible on both feet, then try one foot raise, then try using a book for greater strength.

5 Internal rotation - place tube through back of door 3 or 4 inches up from bottom. Grab tube with big toe. Cross legs; pivot heel on opposite foot (internal rotation).



6 External Rotation - put tube knots through back of door 3 to 4 inches up from bottom. Grab tube with little toe. Pivot heel on inside of opposite foot. External Rotation.

REMEMBER: NEVER EXERCISE INTO PAIN.

- 1) COMFORTABLE TUBE TENSION
- 2) COMFORTABLE BODY POSITION
- 3) COMFORTABLE RANGE OF MOTION
- 4) START ABC's IN WARM WATER AND ICE AFTER EXERCISES.

7 Dorsi flexion - figure 4 position- face away from door, put tube around fore foot and pull foot up.

