

Stretch Gastroc uni standing

- Stand facing wall, hands on wall.
- Step forward with foot of uninvolved leg, leaning hips toward wall.
- Keep rear leg straight with heel on floor.

Perform 1 set of 3 repetition(s), twice a day.

Hold exercise for 20 Seconds.
Rest 30 Seconds between sets.

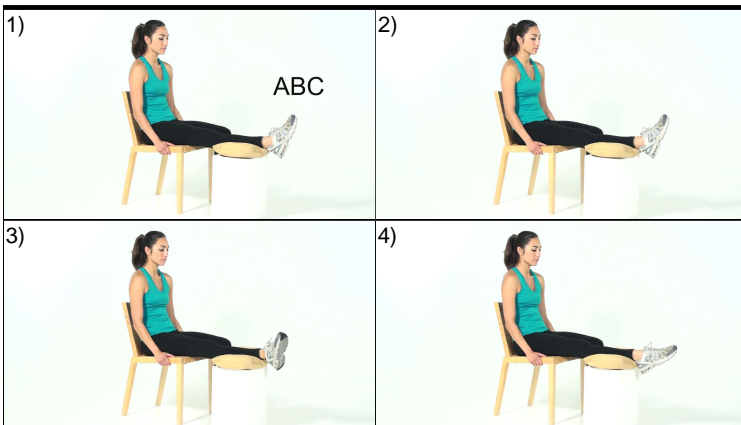
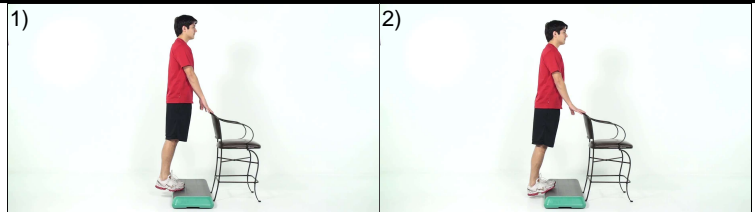
Stretch Gastroc/Soleus bil standing

- Stand with balls of feet on a step, using banister to steady yourself.
- Keeping knees slightly bent, gently lower heels.

Special Instructions:

Progress to performing with straight knees.
Perform 1 set of 3 repetition(s), twice a day.

Hold exercise for 20 Seconds.
Rest 30 Seconds between sets.



AROM ankle alphabet

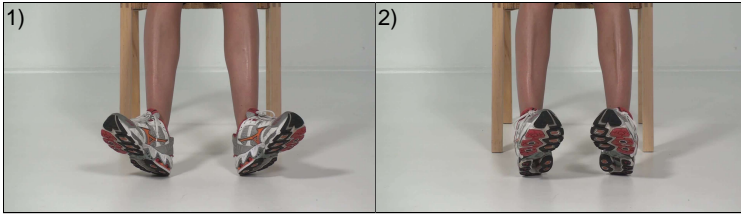
- Slowly move foot, spelling the alphabet.
- Do not let hip or knee move.

Perform 2 sets, twice a day.

Rest 1 Minute between sets.

Issued By: Dr. Geoffrey Van Thiel

These exercises are to be used only under the direction of a licensed, qualified professional or after consulting your physician.



AROM ankle bil inv/ever

- Sit with heels on floor.
- Feet should be about 8 inches apart.
- Move feet inward toward one another and back out.
- Repeat.

Perform 2 sets of 20 repetition(s), twice a day.

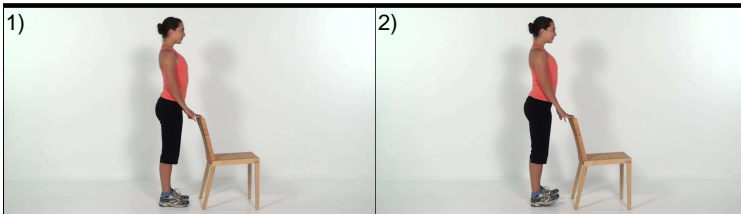
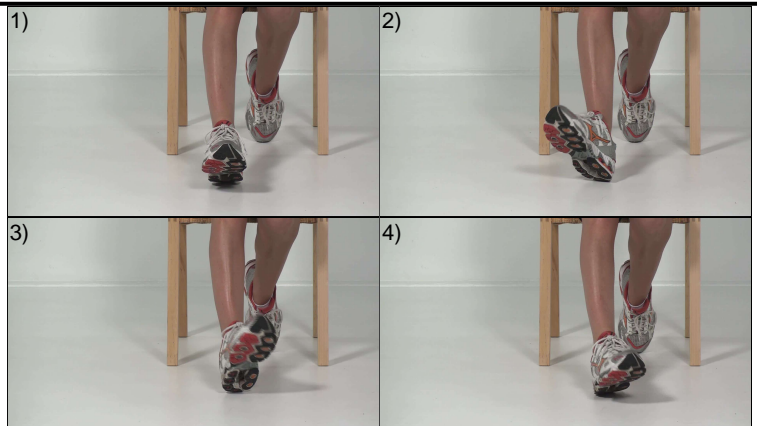
AROM ankle circum

- Sit with knee bent.
- Move foot in circles clockwise.
- Move foot in circles counterclockwise.

Special Instructions:

Be sure leg or knee does not move, insure motion occurs at

Perform 2 sets of 20 repetition(s), twice a day.



AROM ankle DF bil stand

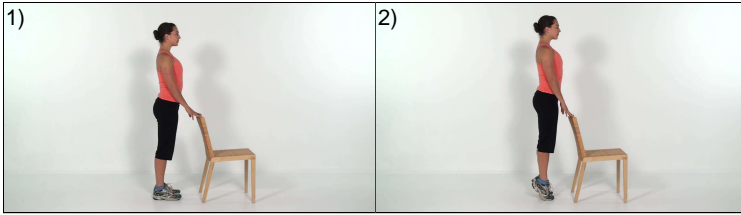
- Stand with both feet shoulder distance apart.
- Raise up on heels.
- Lower and repeat.

Perform 3 sets of 15 repetition(s), twice a day.

Rest 1 Minute between sets.

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AROM ankle PF bil stand

- Stand, using chair for balance.
- Raise up on toes, through full range.
- Return to start position and repeat.

Perform 2 sets of 15 repetition(s), twice a day.

Rest 1 Minute between sets.

AROM stance uni balance eyes open

- Stand on firm surface with arms at side.
- Lift on leg and balance on one leg.

Special Instructions:

If needed to maintain balance, raise arms out away from
Perform 3 sets of 1 minute(s), twice a day.

Rest 1 Minute between sets.

