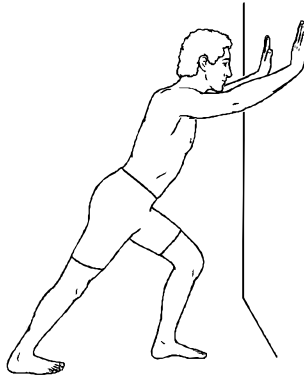


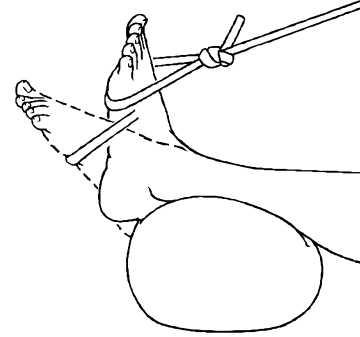
ANKLE / FOOT - 14 Gastroc Stretch

Stand with left foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf. Hold 30 seconds.



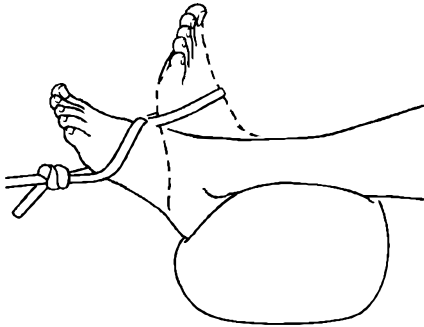
Repeat 3 times per set.
 Do 1 sets per session.
 Do daily.

ANKLE / FOOT - 6 Plantar Flexion: Resisted



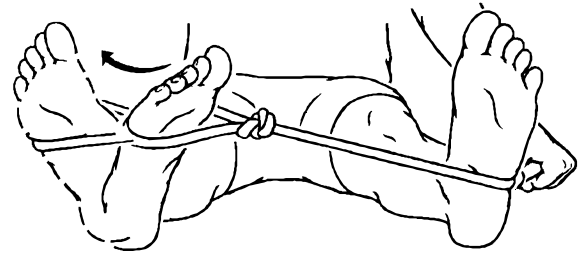
Anchor behind, tubing around left foot, press down.
 Repeat 10 times per set. Do 3 sets per session.
 Do 3 sessions per week.

ANKLE / FOOT - 5 Dorsiflexion: Resisted



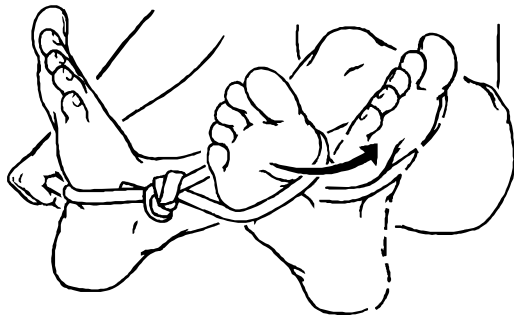
Facing anchor, tubing around left foot, pull toward face.
 Repeat 10 times per set. Do 3 sets per session.
 Do 3 sessions per week.

ANKLE / FOOT - 8 Eversion: Resisted



With left foot in tubing loop, hold tubing around other foot to resist and turn foot out.
 Repeat 10 times per set. Do 3 sets per session.
 Do 3 sessions weekly.

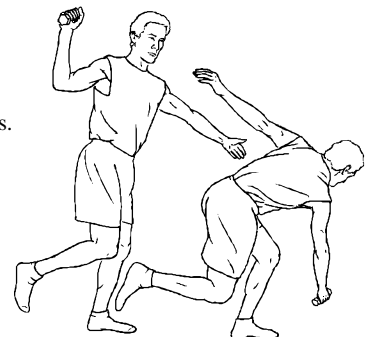
ANKLE / FOOT - 7 Inversion: Resisted



Cross legs with left leg underneath, foot in tubing loop.
 Hold tubing around other foot to resist and turn foot in.
 Repeat 10 times per set. Do 3 sets per session.
 Do 3 sessions per week.

ANKLE / FOOT - 46 Balance / Reach

Stand on left foot,
 Holding 5-15 pound
 weight in other hand.
 Bend knee, lowering
 body, and reach across.
 Hold 10 seconds.
 Relax.



Repeat 10-20 times
 per set.
 Do 2 sets
 per session.
 Do 3 sessions weekly.