

Prepared for: _____

Prepared by: _____

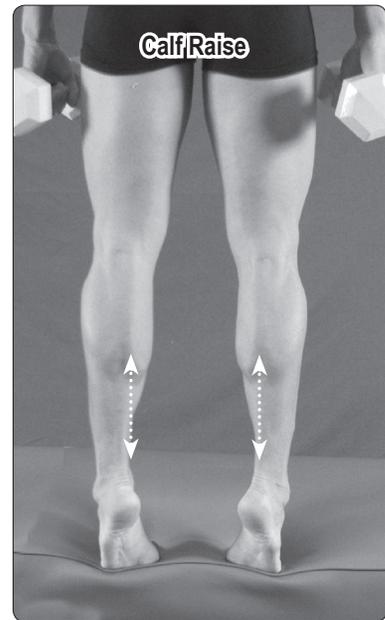
Purpose of program: _____

Ankle & Foot Exercises

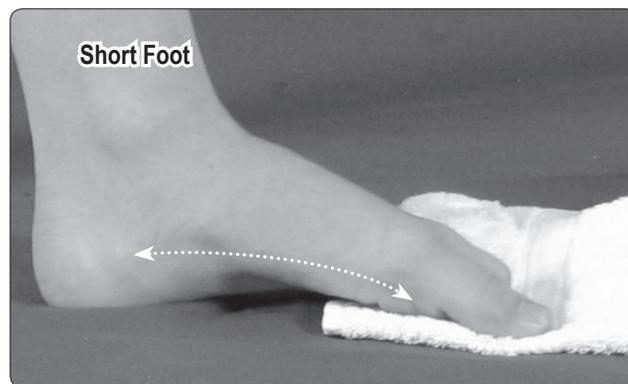
After an injury or surgery, an exercise conditioning & stretching program will help prevent future injury & allow you return to daily activities, sports or work. Talk to your doctor or therapist about which exercises will best help you meet your rehabilitation goals. Regular activity has also been show to drastically improve mood, decrease healing times & slow the aging process!

Warm-up before doing the following exercises with 5 to 10 minutes of low impact activity, like walking or stationary biking.

Ask questions if you are not sure how to perform an exercise, or how often to do it, contact your doctor, therapist or trainer.



- Dorsiflexion with rubber band
- Walking/running on sand
- Wobble board
- Resistance elastic bands



Prescription (your doctor or therapist will circle desired exercises above and give appropriate directions on how to perform)

_____ reps, _____ sets, _____ seconds to hold, _____ times/day or week

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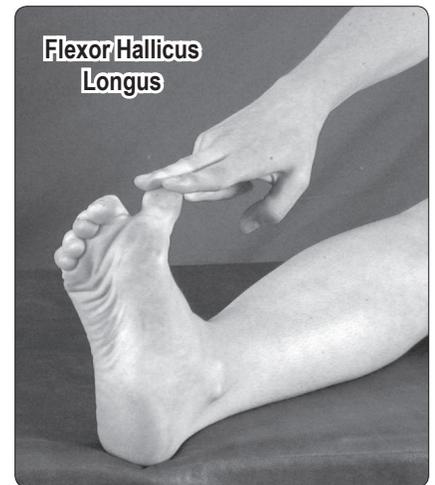
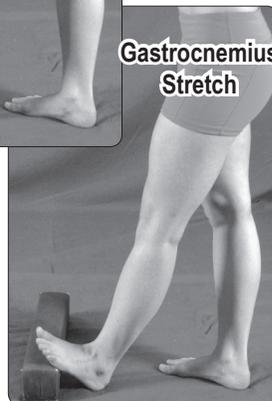
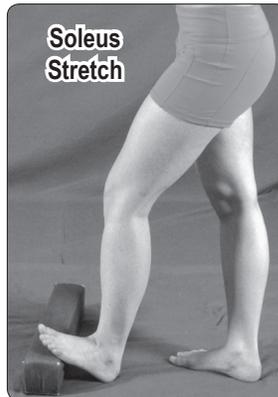
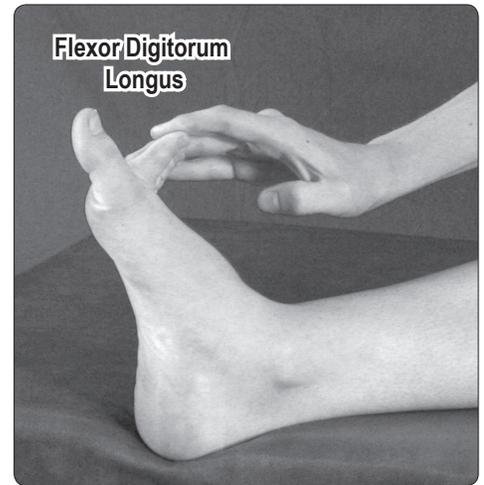
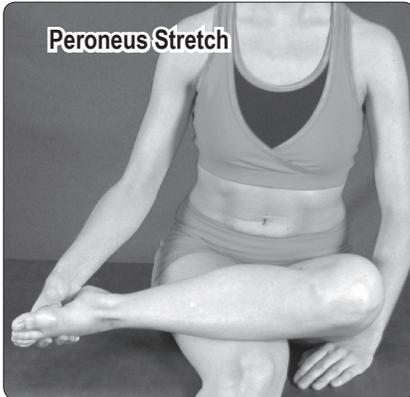
Purpose of program: _____

Ankle & Foot Stretches

After an injury or surgery, an exercise conditioning & stretching program will help prevent future injury & allow you return to daily activities, sports or work. Talk to your doctor or therapist about which exercises will best help you meet your rehabilitation goals. Regular activity has also been show to drastically improve mood, decrease healing times & slow the aging process!

Warm-up before doing the following exercises with 5 to 10 minutes of low impact activity, like walking or stationary biking.

Ask questions if you are not sure how to perform an exercise, or how often to do it, contact your doctor, therapist or trainer.



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Prescription (your doctor or therapist will circle desired exercises above and give appropriate directions on how to perform)

_____ reps, _____ sets, _____ seconds to hold, _____ times/day or week

Prepared for: _____

Prepared by: _____

Purpose of program: _____

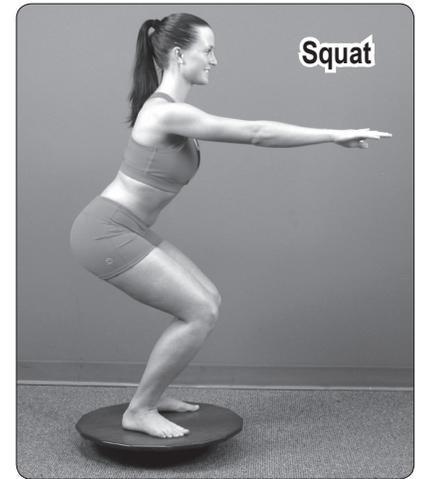
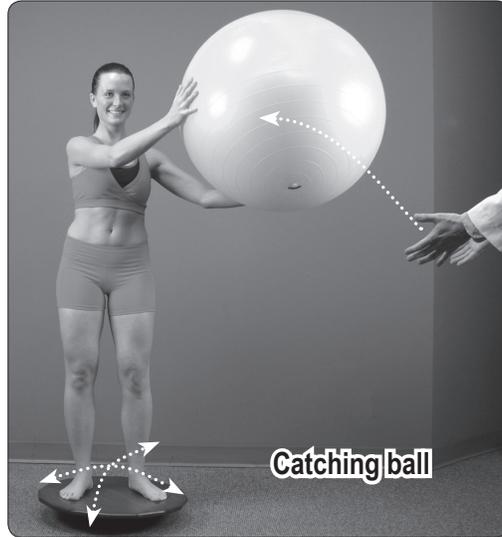
Ankle & Foot Exercises **ADVANCED**

After an injury or surgery, an exercise conditioning & stretching program will help prevent future injury & allow you return to daily activities, sports or work. Talk to your doctor or therapist about which exercises will best help you meet your rehabilitation goals. Regular activity has also been show to drastically improve mood, decrease healing times & slow the aging process!

Warm-up before doing the following exercises with 5 to 10 minutes of low impact activity, like walking or stationary biking.

Ask questions if you are not sure how to perform an exercise, or how often to do it, contact your doctor, therapist or trainer.

The exercises below are variations designed to provide multidirectional forces to improve proprioceptive ability and strength and are often quite enjoyable for the patient as they provide variety on basic routines



Prescription (your doctor or therapist will circle desired exercises above and give appropriate directions on how to perform)

_____ reps, _____ sets, _____ seconds to hold, _____ times/day or week