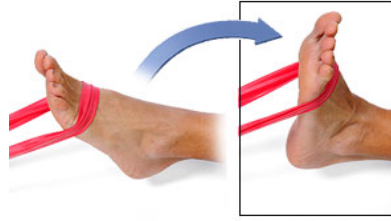




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(plantar flexion)



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(dorsi felxion)

Minimum of 1 to 1.5 minutes or until muscle fatigue



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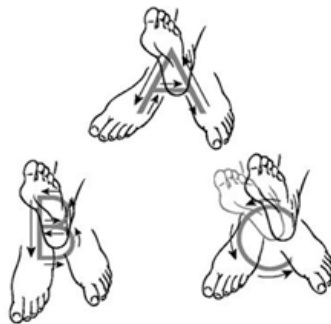
(inversion)



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(eversion)

Minimum of 1 to 1.5 minutes or until muscle fatigue



Entire alphabet (about 1 to 1.5 minutes) or until muscle fatigue



Minimum of 3 set of 15 reps or until muscle fatigue



Minimum of 3 sets of 15 reps or until muscle fatigue



Minimum of 3 sets of 15 reps or until muscle fatigue



Minimum of 3 sets of 15 reps per leg or until muscle fatigue



Move the ankle to the “4 corners” and then clock wise followed by counter clock wise

4 corners is foot

- Front
- Back
- Right
- Left

Circles one way

Circles the other

Minimum of 3 sets of 30 seconds each leg or until muscle fatigue