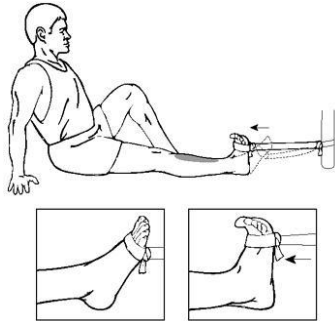


Date:
Patient Name:

STRENGTH • Dorsiflexors



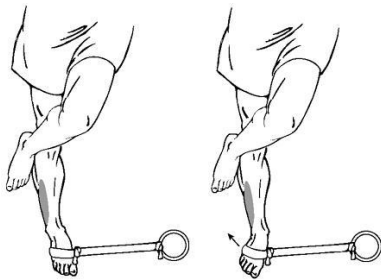
1. Attach one end of elastic band to fixed object or leg of table/desk. Loop the opposite end around your foot as shown.
2. Slowly pull the foot toward you. Hold this position for ____ seconds. Slowly return to starting position.
3. Repeat exercise ____ times, ____ times per day.

STRENGTH • Plantarflexors



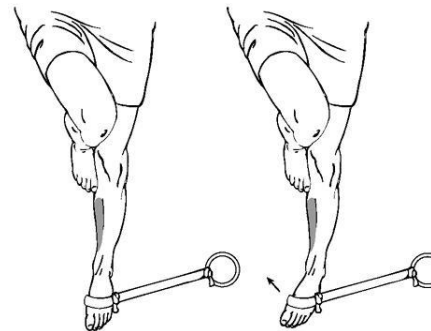
1. Loop elastic band around foot as shown. Pull the band toward you with your hands.
2. Push your toes away from you slowly. Hold this position for ____ seconds. Slowly return to starting position.
3. Repeat exercise ____ times, ____ times per day.

STRENGTH • Ankle Eversion



1. Attach one end of elastic band to fixed object or leg of table/desk. Loop the opposite end around your foot.
2. Turn your toes/foot outward as far as possible, attempting to pull your little toe up and outward. Hold this position for ____ seconds.
3. Slowly return to starting position.
4. Repeat exercise ____ times, ____ times per day.

STRENGTH • Ankle Inversion



1. Attach one end of elastic band to fixed object or leg of table/desk. Loop the opposite end around your foot.
2. Turn your toes/foot inward as far as possible, attempting to push your little toe down and in. Hold this position for ____ seconds.
3. Slowly return to starting position.
4. Repeat exercise ____ times, ____ times per day.