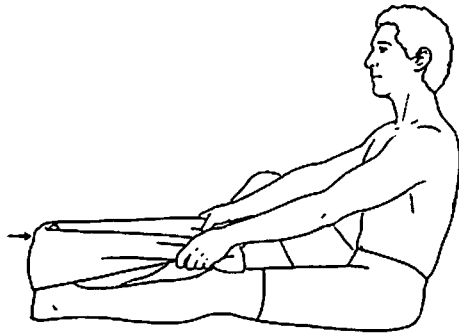


HIP / KNEE - 63 Stretching: Calf – Towel



Sit with knee straight and towel looped around right foot. Gently pull on towel until stretch is felt in calf. Hold ____ seconds.

Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day.

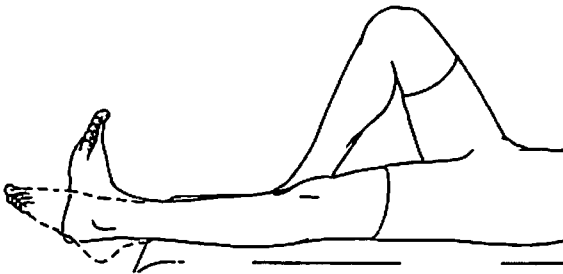
ANKLE / FOOT - 10 Toe Curl: Unilateral



With right foot resting on towel, slowly bunch up towel by curling toes.

Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day.

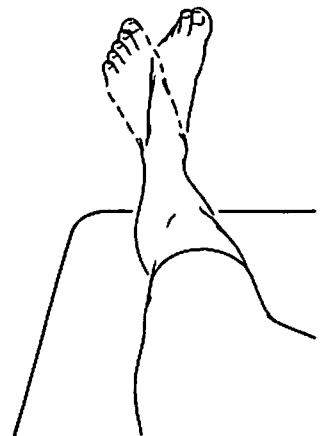
ANKLE / FOOT - 18 ROM: Plantar / Dorsiflexion



With right leg relaxed, gently flex and extend ankle. Move through full range of motion. Avoid pain.

Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day.

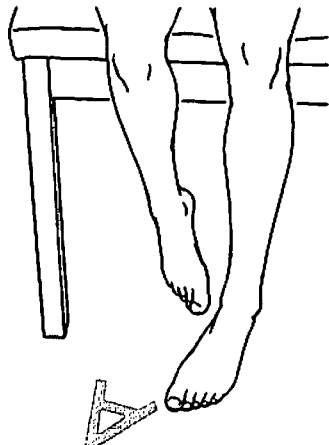
ANKLE / FOOT - 19 ROM: Inversion / Eversion



With right leg relaxed, gently turn ankle and foot in and out. Move through full range of motion. Avoid pain.

Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day.

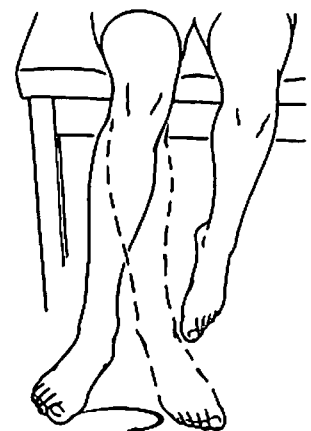
ANKLE / FOOT - 9 Ankle Alphabet



Using right ankle and foot only, trace the letters of the alphabet. Perform A to Z.

Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day.

ANKLE / FOOT - 16 Ankle Circles



Slowly rotate right foot and ankle clockwise then counterclockwise. Gradually increase range of motion. Avoid pain.

Circle ____ times each direction per set. Do ____ sets per session. Do ____ sessions per day.