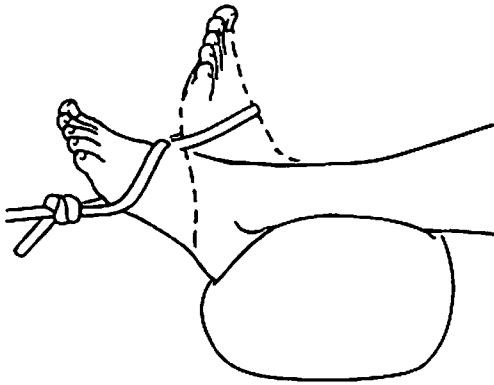
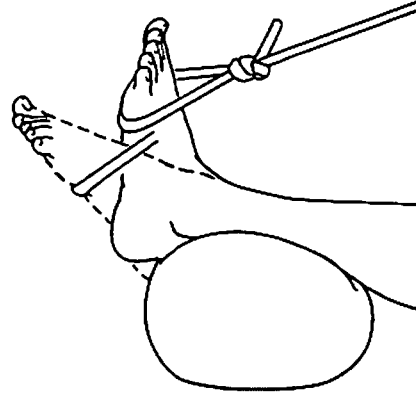


ANKLE / FOOT - 5 Dorsiflexion: Resisted



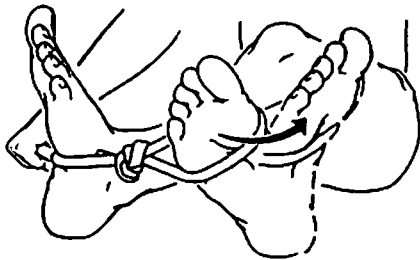
Facing anchor, tubing around right foot, pull toward face.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

ANKLE / FOOT - 6 Plantar Flexion: Resisted



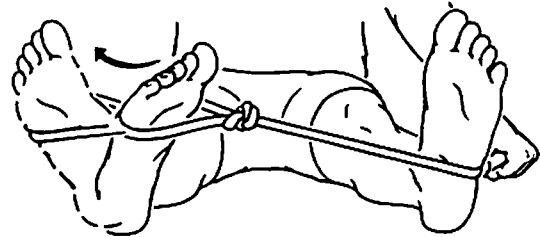
Anchor behind, tubing around right foot, press down.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

ANKLE / FOOT - 7 Inversion: Resisted



Cross legs with right leg underneath, foot in tubing loop.
Hold tubing around other foot to resist and turn foot in.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

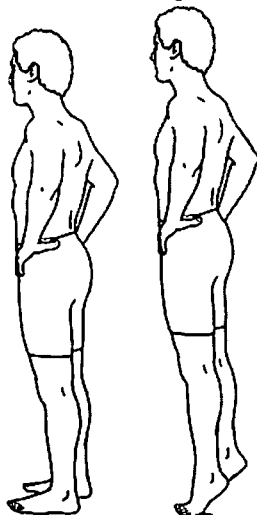
ANKLE / FOOT - 8 Eversion: Resisted



With right foot in tubing loop, hold tubing around other foot
to resist and turn foot out.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

ANKLE / FOOT - 20 Heel Raise: Bilateral (Standing)

Rise on balls of feet.



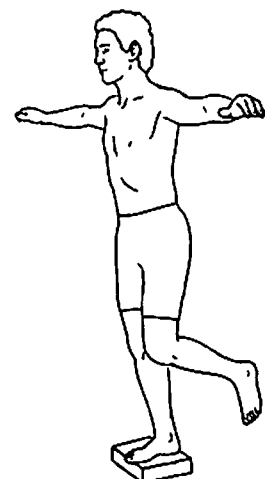
Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

ANKLE / FOOT - 26
Balance: Unilateral – Foam

Eyes open, balance with
right leg on dense foam.
Hold _____ seconds.

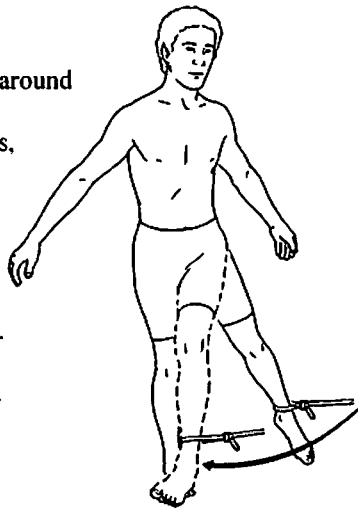
Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

_____ Perform exercise
with eyes closed.



ANKLE / FOOT - 35 LE Diagonal Flexion 1: Resisted

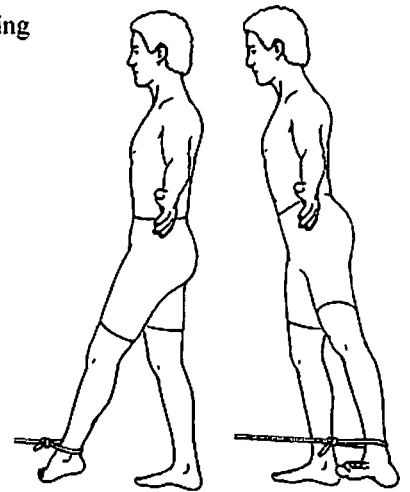
Stand on other foot, tubing around **right** ankle, anchor behind, bring leg forward and across, keeping knee straight.



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

ANKLE / FOOT - 36 LE Diagonal Extension 1: Resisted

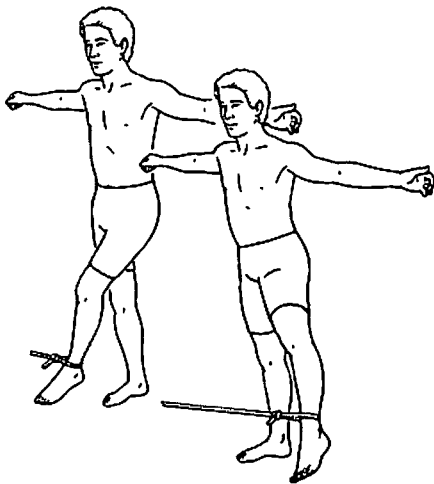
Stand on other foot, tubing around **right** leg, anchor forward on other side, begin with leg across, forward. Extend leg out and behind in reverse kick.



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

ANKLE / FOOT - 37 LE Diagonal Extension 2: Resisted

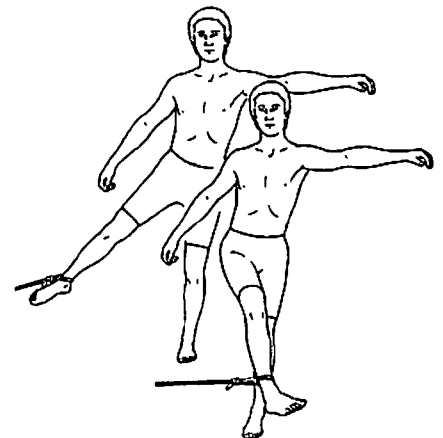
Stand on other foot, tubing around **right** leg, anchor forward on other side, begin with leg forward across body. Bring leg back and out to side.



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

ANKLE / FOOT - 38 LE Diagonal Flexion 2: Resisted

Stand on other foot, tubing around **right** leg, anchor forward on same side, begin with leg out, forward. Bring leg back across front.



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