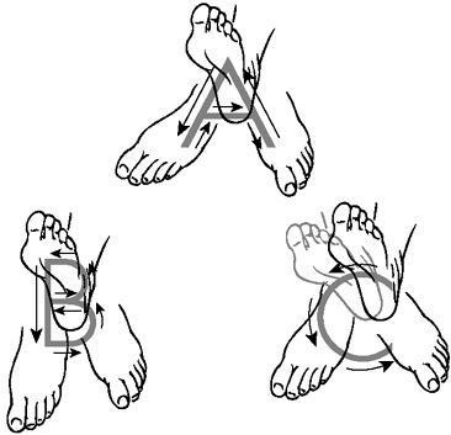


Date:
Patient Name:



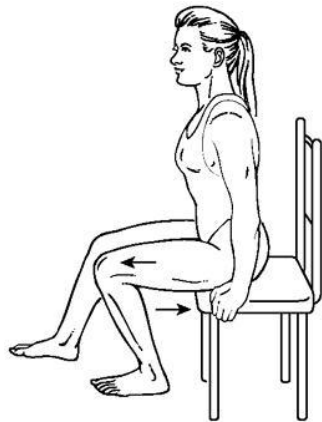
RANGE OF MOTION • Ankle Alphabet

1. Write all the capital letters of the alphabet with your foot and ankle. The motion should come from your foot and ankle, not your hip or knee.
2. Move the foot and ankle slowly, writing the letters as large as possible/comfortable for you.
3. Repeat exercise _____ times, _____ times per day.



RANGE OF MOTION • Active Dorsi/Plantar Flexion

1. Pull your toes and foot toward your body as far as possible, then point the foot and toes away from body as far as possible.
2. Perform this exercise with the knee straight and then with the knee bent.
3. Hold this position for _____ seconds.
4. Repeat exercise _____ times, _____ times per day.



RANGE OF MOTION • Ankle Dorsiflexion

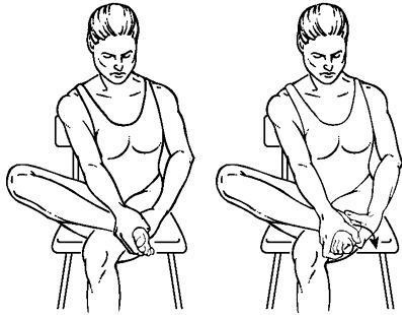
1. Sit on the edge of a chair as shown.
2. Place your _____ foot closest to the chair
3. Keep your foot flat on the floor and move your knee forward over the foot.
4. Hold this position for _____ seconds.
5. Repeat exercise _____ times, _____ times per day.



RANGE OF MOTION (P) • Ankle Plantar Flexion

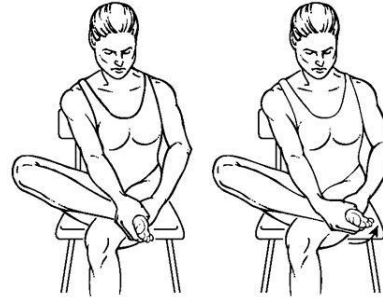
1. Sit in the position shown.
2. Using your hand, pull your toes and ankle down as shown so that you feel a gentle stretch.
3. Hold this position for _____ seconds.
4. Repeat exercise _____ times, _____ times per day.

Date:
Patient Name:



**RANGE OF MOTION • Ankle
Eversion**

1. Sit with your _____ leg crossed over the other.
2. Grip the foot with your hands as shown and turn the sole of your foot upward and out so that you feel a stretch on the inside of the ankle.
3. Hold this position for _____ seconds.
4. Repeat exercise _____ times, _____ times per day.



**RANGE OF MOTION • Ankle
Inversion**

1. Sit with your _____ leg crossed over the other.
2. Grip the foot with your hands as shown and turn the sole of your foot upward and in so that you feel a stretch on the outside of the ankle.
3. Hold this position for _____ seconds.
4. Repeat exercise _____ times, _____ times per day.



**RANGE OF MOTION • Toe
Extension**

1. Grip your toe(s) as shown in the drawing.
2. Pull the toe(s) up toward your body as shown. Repeat this exercise by pulling the toe down.
3. Hold this position for _____ seconds.
4. Repeat exercise _____ times, _____ times per day.