

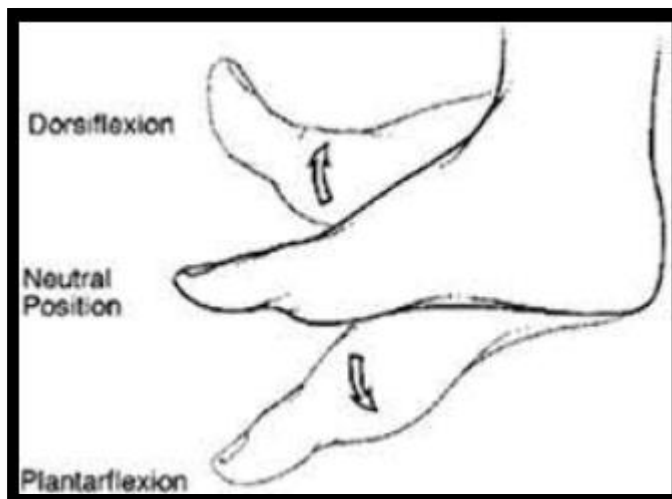
SIMPLE ANKLE RANGE OF MOTION EXERCISES

NOTE:

- Do the following exercises slowly and in pain-free range or as tolerated.
- Do each exercise _____ times a day.
- Do each exercises for _____ repetitions _____ sets.
- Observe proper body positioning and execution.
- Have rest intervals.

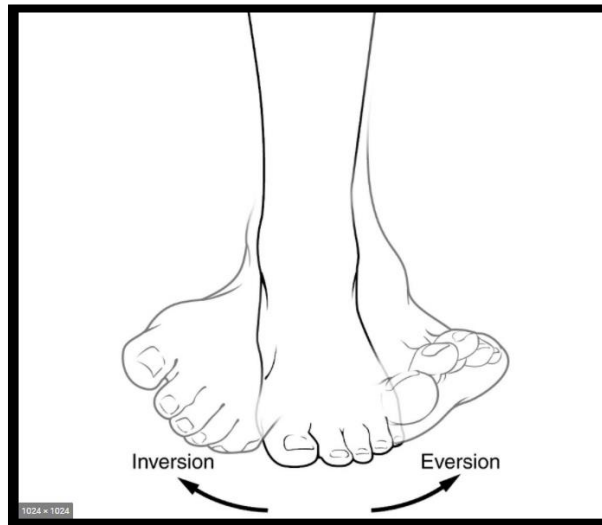
Ankle Dorsiflexion and Ankle Plantarflexion

- ✓ From neutral position, move your foot up, neutral, down and neutral. (repeat this sequence)



Ankle Inversion and Eversion

- ✓ Move your foot side to side.
- ✓ Stabilizing your knee.



Ankle Circles

- ✓ Make circles with your foot, clockwise and counter clockwise.

