

STEP 1



STEP 2



Seated Ankle Alphabet

SETS: 3 | WEEKLY: 5x | DAILY: 3x

Clinician Notes:

A-Z upper and lowercase (Aa)=1 set

Setup

- Begin by sitting upright on a table or bed with both legs hanging off the edge.

Movement

- Slowly trace the letters of the alphabet with the toe of one foot. You should be moving at your ankle.

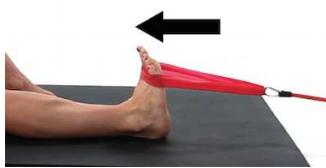
Tip

- Make sure to keep your upper leg still as you move your foot.

STEP 1



STEP 2



Long Sitting Ankle Dorsiflexion with Anchored Resistance

REPS: 3 | SETS: 15 | WEEKLY: 5x | DAILY: 1x

Setup

- Begin sitting upright on the floor with your legs straight and a resistance band secured around one foot. You should be facing the anchor point.

Movement

- Pull the top of your foot toward your body, creating further tension in the band.

Tip

- Make sure to keep your toes relaxed and maintain good sitting posture.

STEP 1



STEP 2



Long Sitting Ankle Plantar Flexion with Resistance

REPS: 3 | SETS: 15 | WEEKLY: 5x | DAILY: 1x

Setup

- Begin sitting upright on the floor with your legs straight and a resistance band secured around one foot. The band should be looped around the bottom of your other foot with the end held in your hand.

Movement

- Bend your foot away from your body, creating further tension in the band.

Tip

- Make sure to keep your toes relaxed and maintain good sitting posture.

STEP 1



STEP 2



Long Sitting Ankle Inversion with Resistance

REPS: 3 | SETS: 15 | WEEKLY: 5x | DAILY: 1x

Setup

- Begin sitting upright on the floor with your legs crossed and a resistance band secured around one foot. The resistance band should be looped around the bottom of your other foot with the end held in your hand.

Movement

- Move the foot with the resistance band away from the other foot by rotating your ankle inward, then slowly return to the starting position and repeat.

Tip

- Make sure to avoid any hip movement.

STEP 1



STEP 2



Long Sitting Ankle Eversion with Resistance

REPS: 10 | SETS: 15 | WEEKLY: 5x | DAILY: 3x

Setup

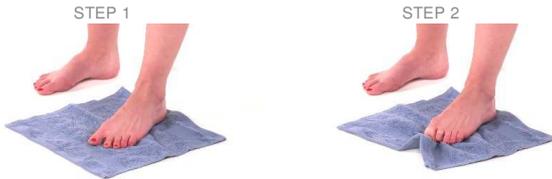
- Begin sitting upright on the ground with one knee bent and the other leg straight with a resistance band looped around the ball of your foot. The band should be anchored near the floor on the side opposite your straight leg.

Movement

- Pull your foot outward against the resistance, rotating your ankle, then slowly return to the starting position and repeat.

Tip

- Make sure to only rotate your ankle and keep the rest of your leg straight during the exercise.



Seated Toe Towel Scrunches

SETS: 5 | WEEKLY: 5x | DAILY: 1x

Setup

- Begin sitting upright with one foot resting on a flat towel.

Movement

- Spread out your toes, then scrunch the towel with your toes, and repeat.

Tip

- Make sure to keep the rest of your foot in contact with the ground during the exercise.



Supine Bridge

REPS: 10 | HOLD: 15 | WEEKLY: 7 x | DAILY: 1x

Setup

- Begin lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the ground.

Movement

- Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.

Tip

- Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.



Seated Marble Transfer with Toes

REPS: 10 | SETS: 3 | WEEKLY: 7x | DAILY: 1x

Setup

- Begin sitting upright in a chair with several marbles and a bowl on the floor in front of you.

Movement

- Pick up the marbles with your toes, then drop them into the bowl.

Tip

- Make sure to keep your movements slow and controlled.



Soleus Stretch on Wall

REPS: 10 | HOLD: 15 | WEEKLY: 7x | DAILY: 1x

Setup

- Begin in a standing upright position in front of a wall.

Movement

- Place your hands on the wall and extend one leg backward with your knee bent. Lean forward into the wall, until you feel a stretch in your lower calf and hold.

Tip

- Make sure to keep your heels on the ground and back knee bent during the stretch.



Single Leg Balance on Balance Trainer

SETS: 3 | HOLD: 30 | WEEKLY: 7x | DAILY: 1x

Setup

- Begin standing in an upright position on one foot on a stability trainer and your other foot on the floor.

Movement

- Raise your foot off the floor so that you are balancing on the stability trainer with your other leg, and hold this position.

Tip

- Make sure to keep your abdominals tight and maintain your balance during the exercise.