

Ankle 4way with TB

All theraband exercise is slow and controlled. Do not let the band "bounce" back.

A. Plantarflexion: "gas pedal." Keep knee straight. Band around "ball of foot" and press it away as far as possible and slowly return to neutral. Repeat.

B. Dorsiflexion: start in neutral and pull theraband back toward you as far as possible. pause. return slowly. keep knee straight.

C. Inversion: start neutral and bring band toward your midline without bending or twisting knee.

D. Eversion: start neutral and press band out without bending or twisting knee.

Repeat 20 Times

Hold 1 Second

Complete 3 Sets

Perform 1 Times a Day



DOUBLE LEG HEEL RAISES - CALF RAISES - STANDING

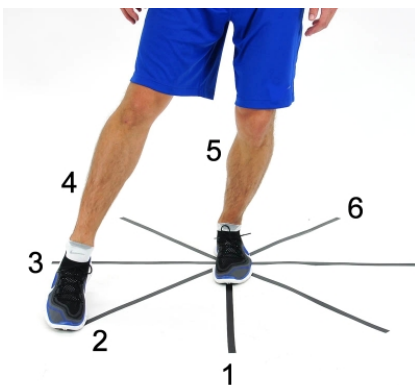
While standing, raise up on your toes as you lift your heels off the ground. Video # VV446LPRP

Repeat 20 Times

Hold 1 Second

Complete 1 Set

Perform 1 Times a Day



SINGLE LEG STANCE - CLOCKS

Start by standing on one leg and maintain your balance. Image a clock on the floor where your stance leg is in the center.

Then, lightly touch position 1 as illustrated with your non-stance foot. Then return that leg to the starting position.

Next, touch position 2 and return. Continue this all the way to position 6.

Maintain a slightly bent knee on the stance side. Video # VVSAM8NNY

Repeat 10 Times

Hold 1 Second

Complete 2 Sets

Perform 1 Times a Day



STEP FOOT PLACEMENT - ALTERNATING

While standing with both feet on the floor, place one foot on the top of the step or step stool. Next, return the foot back to the floor and then repeat with the other leg.

Maintain balance and be sure to get your heel on the step.

You may need something to hold on to for balance support. Video # VVR88AE64

Repeat 20 Times
Complete 2 Sets

Hold 1 Second
Perform 1 Times a Day



CROSS OVER WALK - CARICOA

Take steps to the side as you cross one leg over the other leg. Alternate crossing your leg over the front, then behind the back of the other leg. Focus on slow and controlled movements.

NOTE: As you perform this, you should be stepping in only one direction for several feet, then perform the other direction for several feet.

Repeat 5 Times
Complete 2 Sets

Perform 1 Times a Day



HEEL WALK

Raise up your toes and walk on your heels.

Take few steps forward and then a few steps backwards. Video # VVJYQ8XFR

Repeat 10 Times
Complete 2 Sets

Hold 1 Second
Perform 1 Times a Day