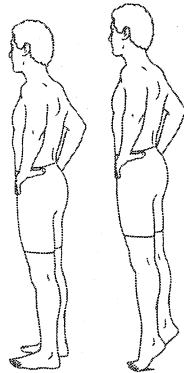




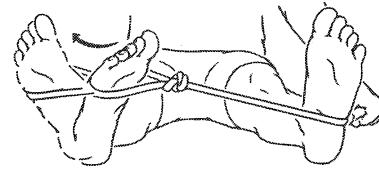
ANKLE / FOOT - 20 Heel Raise: Bilateral (Standing)

Rise on balls of feet.



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

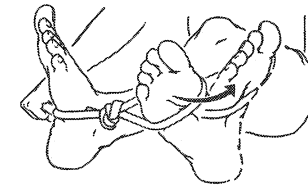
ANKLE / FOOT - 8 Eversion: Resisted



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.

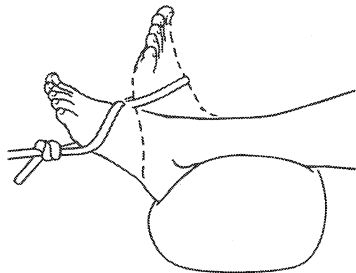
ANKLE / FOOT - 7 Inversion: Resisted



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 - 5 Dorsiflexion: Resisted

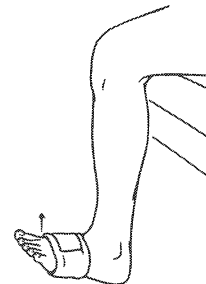


Facing anchor, tubing around **right** foot, pull toward face.

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

ANKLE / FOOT - 27 PRE: Dorsiflexion

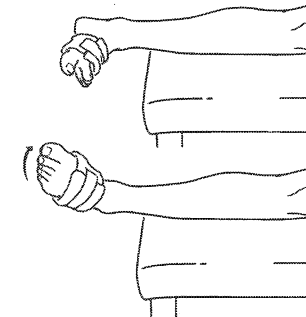
Sitting with **right** leg over edge of table or bed and ____ pound weight around foot, flex ankle, moving toes toward knee.



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

ANKLE / FOOT - 29 PRE: Inversion (Side-Lying)

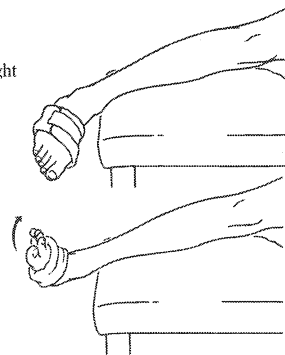
With ____ pound weight around **right** foot, big toe up, bend ankle up and turn foot in.



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

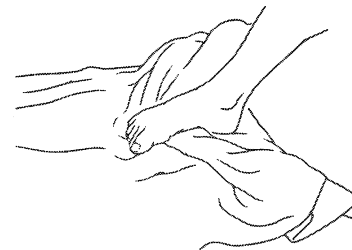
ANKLE / FOOT - 30 PRE: Eversion (Side-Lying)

With ____ pound weight around **right** foot, big toe down, bend ankle up and turn foot out.



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

ANKLE / FOOT - 10 Toe Curl: Unilateral



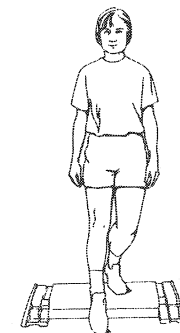
With **right** foot resting on towel, slowly bunch up towel by curling toes.

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

LOWER EXTREMITY - 6

Proprioception, Coordination, Quad Strength: Retro Step-Up

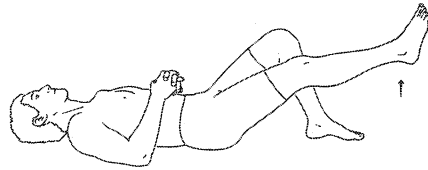
Step on backwards with one foot, then the other. Step off forward the same way.



Use ____ inch step.
Repeat ____ times or for ____ minutes.
Do ____ sessions per day.



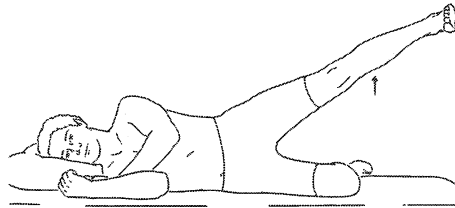
HIP / KNEE - 53 Straight Leg: with Bent Knee (Supine)



With **right** leg straight, other leg bent, raise straight leg _____ inches.

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

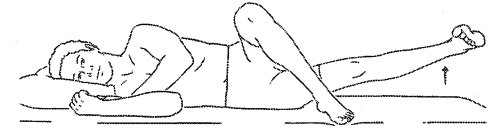
HIP / KNEE - 21 Strengthening: Hip Abduction (Side-Lying)



Tighten muscles on front of **right** thigh, then lift leg _____ inches from surface, keeping knee locked.

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

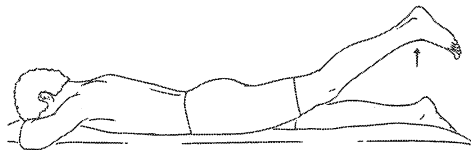
HIP / KNEE - 22 Strengthening: Hip Adduction (Side-Lying)



Tighten muscles on front of **right** thigh, then lift leg _____ inches from surface, keeping knee locked.

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

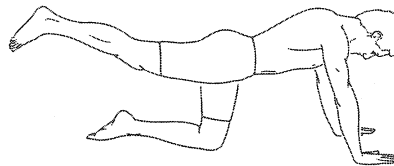
HIP / KNEE - 20 Strengthening: Hip Extension (Prone)



Tighten muscles on front of **right** thigh, then lift leg _____ inches from surface, keeping knee locked.

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

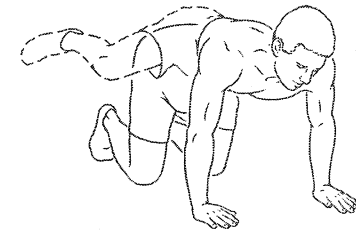
BACK - 8 Hip Extension (All-Fours)



Lift **right** leg back with knee slightly flexed. Do not arch neck or back.

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

HIP / KNEE - 81 Hip Abduction (All-Fours)

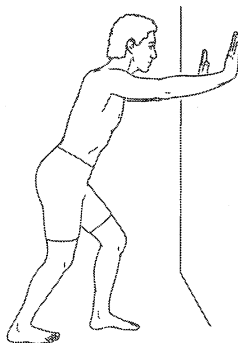


Keeping knee bent, lift **right** hip out to side.

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

ANKLE / FOOT - 13 Soleus Stretch

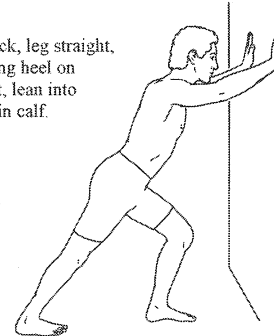
Stand with **right** foot back, both knees bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in lower calf. Hold _____ seconds.



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

ANKLE / FOOT - 14 Gastroc Stretch

Stand with **right** foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf. Hold _____ seconds.



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