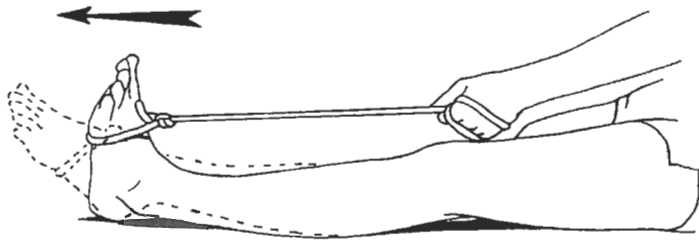


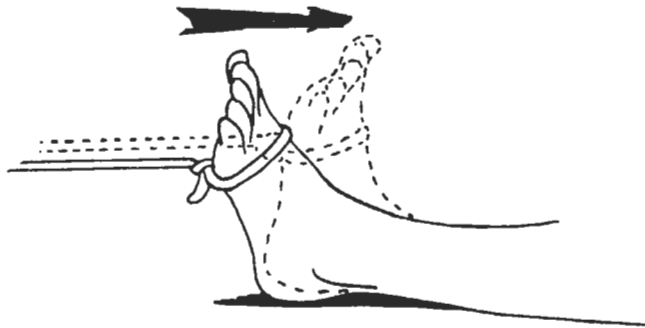
### ANKLE/FOOT - 6 Resisted Plantar Flexion



With tubing around foot, press foot down.  
Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

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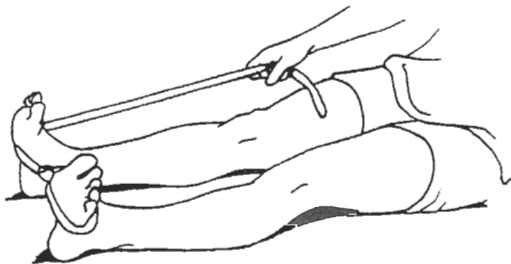
### ANKLE/FOOT - 5 Resisted Dorsiflexion



With tubing anchored in doorjamb, pull foot toward face.  
Return slowly to starting position. Relax.  
Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

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### ANKLE/FOOT - 8 Resisted Eversion



With tubing anchored around uninvolved foot, slowly turn  
involved foot outward.  
Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

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### ANKLE/FOOT - 7 Resisted Inversion



Cross legs with involved ankle underneath. With tubing  
anchored around uninvolved foot, slowly turn involved foot  
inward.

Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

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