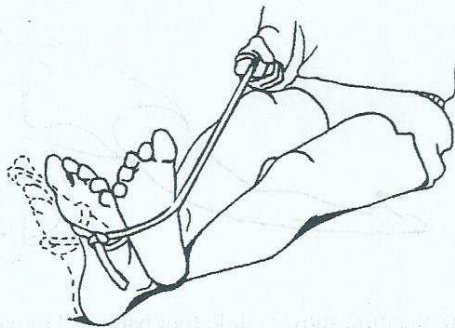


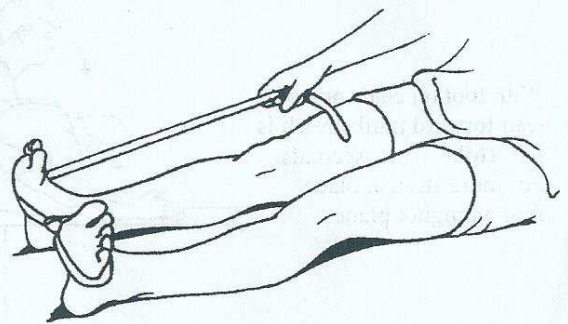
ANKLE / FOOT - 7  
Resisted Inversion



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

Repeat 8 times. Do 1 sessions per day.

ANKLE / FOOT - 8  
Resisted Eversion

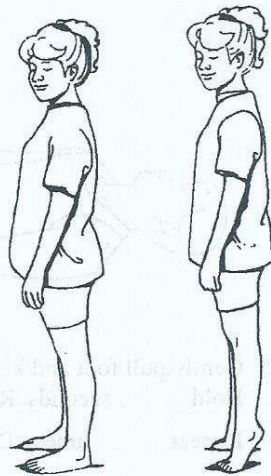


With tubing anchored around uninvolved foot, slowly turn involved foot outward.

Repeat 8 times. Do 1 sessions per day.

ANKLE / FOOT - 20  
Standing Bilateral Heel Rise

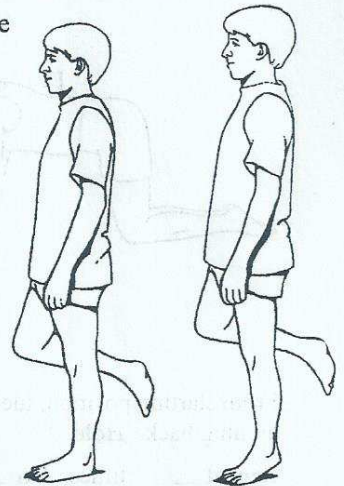
Rise up on balls of feet.



Repeat 8 times per set.  
Do 2 sets per session.  
Do 1 sessions per day.

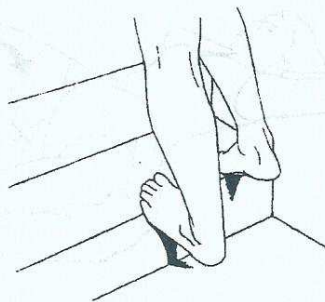
ANKLE / FOOT - 21  
Standing Unilateral Heel Rise

Balance on left foot, then rise up on ball of foot.



Repeat 8 times per set.  
Do 2 sets per session.  
Do 1 sessions per day.

ANKLE / FOOT - 12  
Plantar Fascia Stretch



Standing with ball of foot on stair, reach for bottom step with heel until stretch is felt through arch of foot. Hold 15 seconds. Relax.

Repeat 3 times. Do 1 sessions per day.

SELF FOOT MASSAGE--

ROLL FOOT BACK AND FORTH OVER SMALL ROLLING PIN OR FOOT MASSAGER--ROLL OUTSIDE, CENTER AND INSIDE OF FOOT.