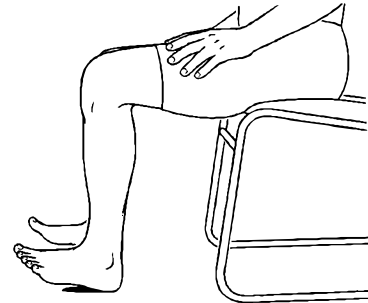




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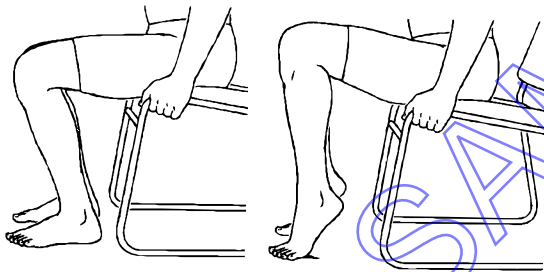
ANKLE / FOOT - 24 Toe Raise (Sitting)



Raise toes, keeping heels on floor.

Repeat 5 times per set. Do 3 sets per session.
Do 3 sessions per day.

ANKLE / FOOT - 23 Heel Raise (Sitting)

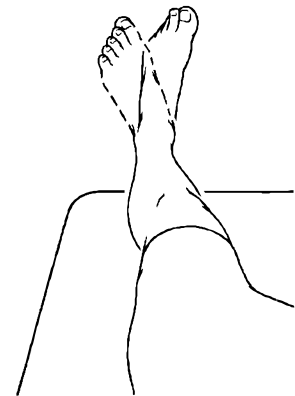


Raise heels, keeping toes on floor.

Repeat 5 times per set. Do 3 sets per session.
Do 3 sessions per day.

ANKLE / FOOT - 19 ROM: Inversion / Eversion

With left leg relaxed,
gently turn ankle and foot in
and out. Move through full
range of motion. Avoid pain.

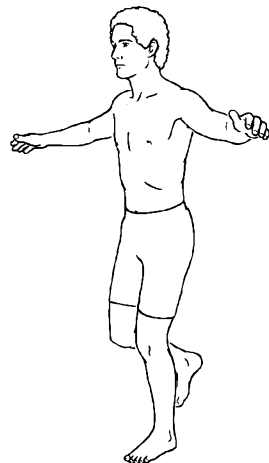


Repeat 5 times per set.
Do 3 sets per session.
Do 3 sessions per day.

ANKLE / FOOT - 15 Balance: Unilateral

Attempt to balance on left leg,
eyes open. Hold _____ seconds.

Repeat 5 times per set.
Do 3 sets per session.
Do 3 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 5 times per set.
Do 3 sets per session.
Do 3 sessions per day.

