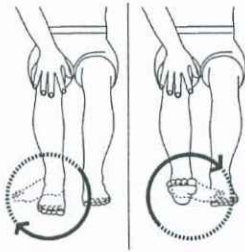


AROM ankle 4 way

- Sit with leg supported as shown.
- Move foot to left, then to right.
- Move foot toward shin, then downward.
- Repeat.

Perform 3 sets of 10 Repetitions,
three times a day.

Perform 1 repetition every 4 Seconds.
Rest 1 Minute between sets.



AROM ankle circum

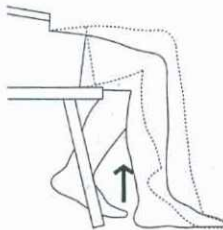
- Sit with knee bent.
- Move foot in circles clockwise.
- Move foot in circles counterclockwise.

Special Instructions:

Be sure leg or knee does not move, insure motion occurs at ankle.

Perform 3 sets of 10 Repetitions,
three times a day.

Perform 1 repetition every 4 Seconds.
Rest 1 Minute between sets.



AROM ankle PF uni sit

- Sit in chair, feet flat on floor.
- Raise involved foot up on ball of foot.
- Lower and repeat.

Perform 3 sets of 10 Repetitions,
three times a day.

Perform 1 repetition every 4 Seconds.
Rest 1 Minute between sets.

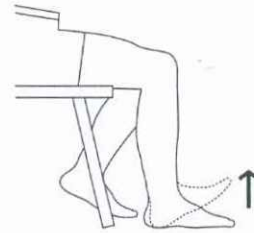


AROM ankle alphabet

- Slowly move foot, spelling the alphabet.
- Do not let hip or knee move.

Perform 2 sets of 26 Repetitions,
twice a day.

Perform 1 repetition every 4 Seconds.
Rest 1 Minute between sets.

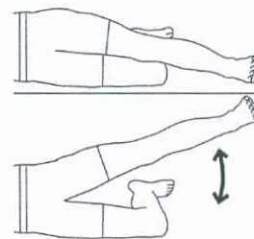


AROM ankle DF uni sit

- Sit in chair, feet flat on floor.
- Raise involved foot up on heel of foot.
- Lower and repeat.

Perform 3 sets of 10 Repetitions,
three times a day.

Perform 1 repetition every 4 Seconds.
Rest 1 Minute between sets.



AROM hip abd uni sidelying

- Lie on uninvolved side, with lower knee bent for stability.
- Keep knee straight on involved leg, lifting leg upward.
- Return to start position and repeat.

Special Instructions:

Do not roll trunk forward or backward.

Perform 3 sets of 10 Repetitions,
three times a day.

Perform 1 repetition every 4 Seconds.
Rest 1 Minute between sets.

Issued By: Jeff Durand, ATC Signature: _____

These exercises are to be used only under the direction of a licensed, qualified professional.

Danville Orthopedic and Athletic Rehabilitation

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