

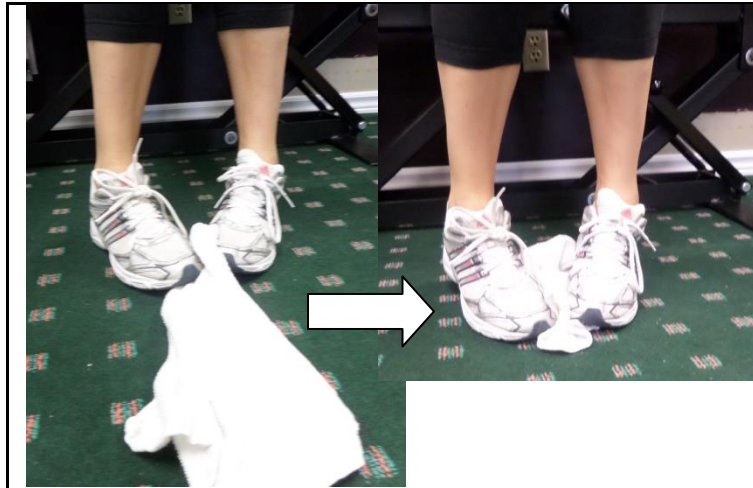


BEGINNER ANKLE REHABILITATION: ROM

Exercise	Description	Sets/Reps
<p>A, B, C...</p>	<p>Ankle Alphabets Perform sitting in a chair. Use your foot to trace out the letters of the alphabet on the floor.</p>	<p>Write the alphabet 3 times</p>
	<p>Seated Heel Raises Perform sitting in a chair. Keeping your toes on the ground, lift your heel then return it back to the ground. Do not put any body weight on your feet.</p>	<p>3 sets of 10</p>
	<p>Seated Toe Raises Perform sitting in a chair. Keeping your heel on the ground, lift your foot toward the ceiling, then return it back to the ground. Do not put any body weight on your feet.</p>	<p>3 sets of 10</p>

BEGINNER ANKLE REHABILITATION: ROM



Towel Slides

Perform sitting in a chair. Squeeze a towel between your feet and pull it towards you.

3 sets of 10