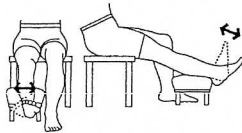


AROM ankle 4 way



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

Perform 3 sets of 20 Repetitions, once a day.

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

AROM ankle alphabet

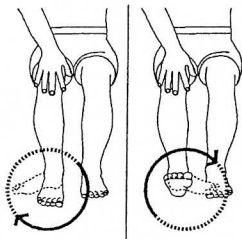


- Slowly move foot, spelling the alphabet.
- Do not let hip or knee move.

Perform 3 sets of 20 Repetitions, once a day.

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

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 20 Repetitions, once a day.

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

AROM ankle ever w/towel



- Place towel on smooth floor or plexiglass.
- Place foot on floor.
- Move towel outward using foot.

Perform 3 sets of 20 Repetitions, once a day.

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

AROM ankle inv w/towel

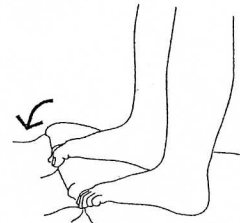


- Sit with towel on floor.
- Keep heel on floor.
- Pull towel towards opposite foot by moving the foot only.
- Repeat.

Perform 3 sets of 20 Repetitions, once a day.

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

AROM toe flx grab w/towel



- Sit with towel on floor.
- Contract toes to bunch up towel under your foot.
- Relax toes.
- Repeat.

Perform 3 sets of 20 Repetitions, once a day.

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

Issued By: MMPC Orthopedics

Signature: _____

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

Michigan Medical, P.C.

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