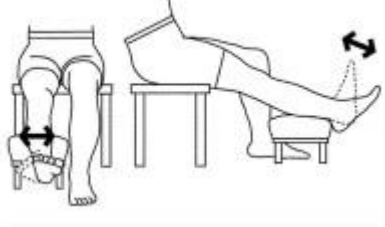
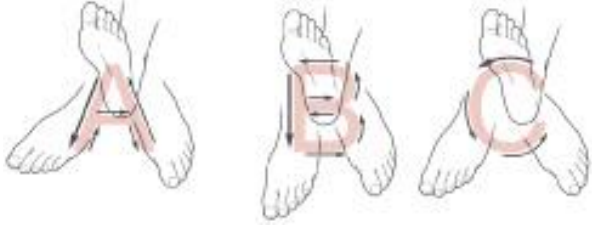
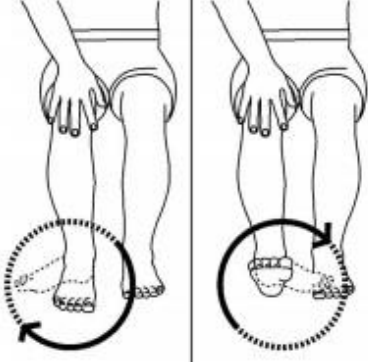


Foot/Ankle Strengthening and Range of Motion Exercises	
	<p>ROM 4 Way</p> <ul style="list-style-type: none"> • Push your ankle down, up, in then out drawing a cross in the air using your ankle. • All 4 motions equals 1 cross exercise. • Perform 30 crosses exercises 3 times daily.
	<p>ROM Ankle Alphabet</p> <ul style="list-style-type: none"> • Slowly move foot, spelling the alphabet. • DO NOT let hip or knee move. • Perform A – Z three (3) times a day.
	<p>ROM Ankle Circumferential</p> <ul style="list-style-type: none"> • Sit with knee bent. • Move foot in circles clockwise 30 times. • Move foot in circles counterclockwise 30 times. • Be sure leg or knee DO NOT move, insure motion occurs at ankle. • Perform 60 circles exercises 3 times daily.