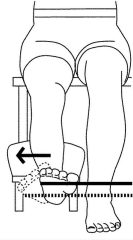


Resist ankle ever uni sit w/elastic



- Sit with knee straight, calf supported, as shown.
- Attach elastic to secure object and loop around forefoot.
- Pull forefoot outward against elastic.
- Return to start position and repeat.

Special Instructions:

Do not allow leg to rotate.

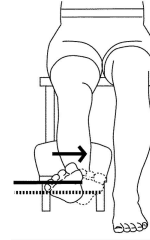
Perform 3 sets of 10 Repetitions, once every other day.

Use Blue Elastic.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Resist ankle inv w/elastic



- Sit with knee straight, calf supported, as shown.
- Attach elastic to secure object and loop around forefoot.
- Pull forefoot inward against elastic.
- Return to start position and repeat.

Special Instructions:

Do not allow leg to rotate.

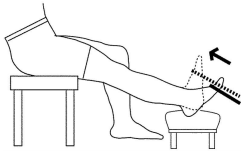
Perform 3 sets of 10 Repetitions, once every other day.

Use Blue Elastic.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Resist ankle DF w/elastic



- Sit as shown, knee straight, calf supported.
- Attach elastic to secure object and loop around forefoot.
- Pull foot toward shin, against elastic.
- Return to start position and repeat.

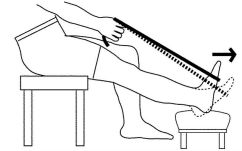
Perform 3 sets of 10 Repetitions, once every other day.

Use Blue Elastic.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Resist ankle PF uni w/ elastic



- Sit with foot supported as shown.
- Place elastic around ball of foot.
- Push against elastic.
- Return to start position and repeat.

Perform 3 sets of 10 Repetitions, once every other day.

Use Blue Elastic.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM ankle PF uni stand on step



- Stand on step with involved foot, holding on to banister for balance.
- Push up on ball of foot.
- Return to start position and repeat.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Stretch Gastroc/Soleus bil standing



- Stand with balls of feet on a step, using banister to steady yourself.
- Keeping knees slightly bent, gently lower heels.

Special Instructions:

Progress to performing with straight knees.

Perform 1 set of 3 Minute, once a day.

Hold exercise for 3 Minutes.

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Signature: _____

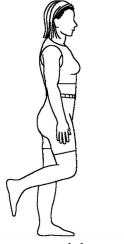
These exercises are to be used only under the direction of a licensed, qualified professional.

Caution: User must wear suitable eye protection such as safety goggles during this exercise to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.

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AROM stance uni balance eyes open



- Stand on firm surface with arms at side.
- Lift on leg and balance on one leg.

Special Instructions:

If needed to maintain balance, raise arms out away from sides.

Perform 3 sets of 1 Minute, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Issued By: First Choice

Signature: _____

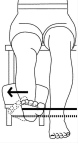
These exercises are to be used only under the direction of a licensed, qualified professional.

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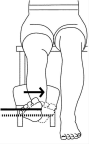
Resist ankle ever uni sit w/elastic



Perform 3 sets of 10 Repetitions, once every other day.

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

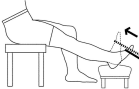
Resist ankle inv w/elastic



Perform 3 sets of 10 Repetitions, once every other day.

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

Resist ankle DF w/elastic



Perform 3 sets of 10 Repetitions, once every other day.

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

Resist ankle PF uni w/ elastic



Perform 3 sets of 10 Repetitions, once every other day.

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

AROM ankle PF uni stand on step



Perform 3 sets of 20 Repetitions, once a day.

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

Stretch Gastroc/Soleus bil standing



Perform 1 set of 3 Minute, once a day.

Hold exercise for 3 Minutes.

AROM stance uni balance eyes open



Perform 3 sets of 1 Minute, once a day.

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

Issued By: First Choice

Signature: _____

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

Caution: User must wear suitable eye protection such as safety goggles during this exercise to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.

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