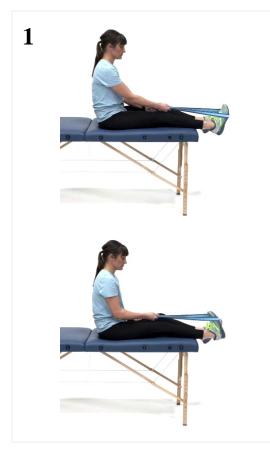


\*All exercises should be performed in a slow and controlled manner. Ensure to not hold your breath during exercise.

\*Stretches are meant to feel like a gentle pull. Stretch in tolerable ranges.



Calf Stretch Towel (Time Based)

THIS IS A STRETCH with hold TIME: Sit with your legs straight out in front of you. Place a belt or towel around the ball of one foot. Pull on the belt to bend at the ankle, comfortably stretching that foot toward you. You should feel pulling behind the ankle and knee. Hold for specified time. Return to the starting position.

Repeats: 5 sets of 5 reps Perform: 3x a day

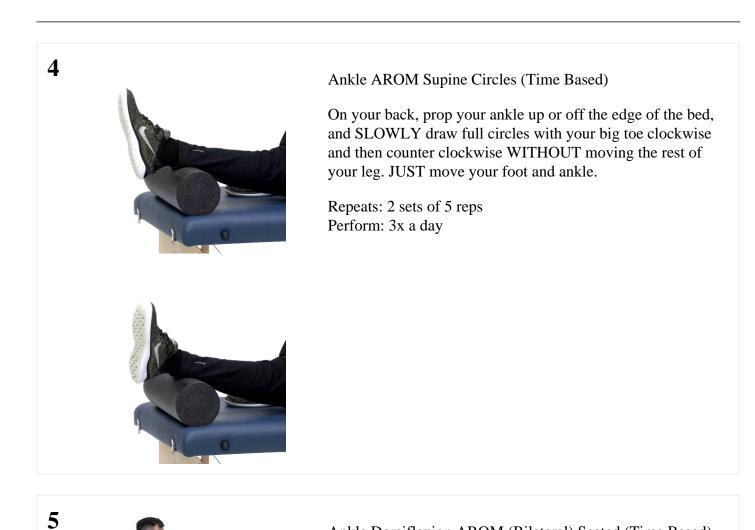




Ankle AROM Longsit Alphabets (Time Based)

Sitting with your leg extended in front of you, prop your ankle up some or off the edge of the bed, and draw full the alphabet with your big toe clockwise and then counter clockwise WITHOUT moving the rest of your leg. JUST move your foot and ankle. Do not do this fast. About 1 letter per second.

Repeats: 2 sets of 1 rep Perform: 3x a day





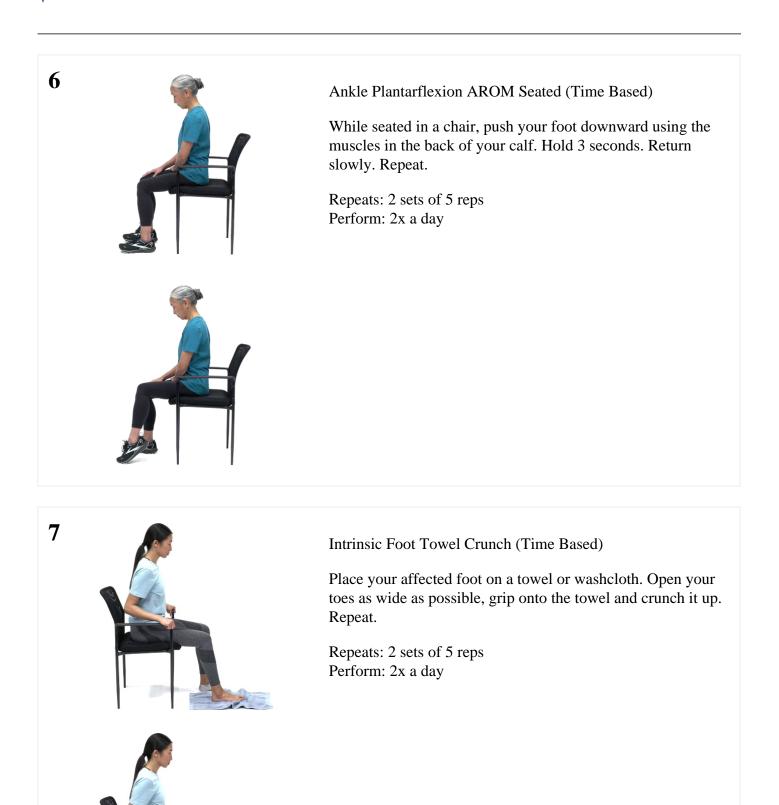


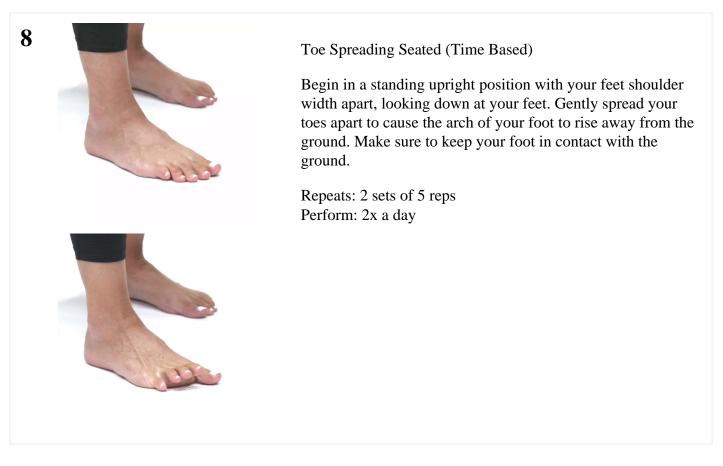


Ankle Dorsiflexion AROM (Bilateral) Seated (Time Based)

In a seated position, lift your toes up off the ground keeping your heels on the ground. Hold 2-3 seconds and slowly go back down. Repeat.

Repeats: 2 sets of 5 reps Perform: 2x a day





Please contact your provider with questions regarding your specific home exercise program.