

# CORRECTIVE EXERCISES

## PICTURE DEMONSTRATION GUIDE (ANKLE/FOOT)

**5.0**  
ABC TRACING



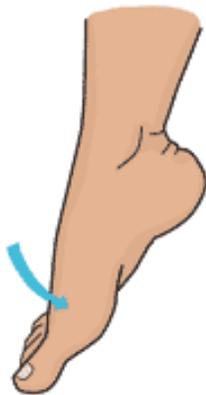
SIT OR LAY SO THE AFFECTED LEG IS RESTING PARALLEL WITH THE FLOOR. USING ONLY THE ANKLE, TRACE THE OUTLINE OF EACH LETTER IN THE ALPHABET, FROM A TO Z. REPEAT AGAIN WITH LOWERCASE LETTERS.

**5.1**  
FOOT TO SKY



SIT OR STAND SO THE FOOT RESTS FLAT ON THE FLOOR. POINT THE TOES UP TO THE SKY AS FAR AS POSSIBLE, WHILE EXTENDING THE ANKLE THE SAME DIRECTION. THESE ARE 2 SEPARATE MOTIONS THAT SHOULD BE DONE SIMULTANEOUSLY. REPEAT AS DIRECTED.

**5.2**  
PLANTARFLEXION



SIT ON A BED SO THE LEG IS SUPPORTED BUT THE FOOT IS HANGING OVER THE EDGE. PRESS THE FOOT DOWN AND AWAY FROM YOU, BENDING AT THE ANKLE, AS IF TO PRESS ON A GAS PEDAL. RETURN TO A NEUTRAL POSITION AND REPEAT.

**5.3**  
ANKLE INVERSION



SIT ON A BED SO THE LEG IS SUPPORTED BUT THE FOOT IS HANGING OVER THE EDGE. ROLL THE FOOT IN, BENDING AT THE ANKLE. RETURN TO A NEUTRAL POSITION AND REPEAT.

**5.4**  
**ANKLE EVERSION**



**SIT ON A BED SO THE LEG IS SUPPORTED BUT THE FOOT IS HANGING OVER THE EDGE. ROLL THE FOOT OUT, BENDING AT THE ANKLE. THE MOTION WILL BE SMALL. RETURN TO A NEUTRAL POSITION AND REPEAT.**

**5.5**  
**ONE-LEGGED STANCE (FLAT)**



**START BY BALANCING A FEW SECONDS ON THE GOOD LEG. THEN STAND ON THE AFFECTED SIDE, WITH EYES OPEN. AIM FOR 30 SECONDS AND GO UP FROM THERE. DO NOT ATTEMPT WITH CLOSED EYES UNLESS YOU HAVE ASSISTANCE. STAND NEAR A WALL TO PREVENT YOURSELF FROM FALLING.**

**5.6**  
**TRAMPOLINE MARCH**



**BEGIN BY MARCHING IN PLACE ON THE TRAMPOLINE AT A BRISK PACE FOR 30-60 SECONDS. THEN SLOW DOWN YOUR PACE TO HALF SPEED AND CONTINUE FOR 3-5 MINUTES. PLEASE DO NOT ATTEMPT THIS WITH CLOSED EYES UNLESS YOU HAVE PARTNER ASSISTANCE.**

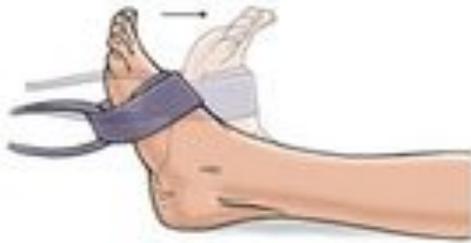
**5.7**  
**ONE-LEGGED STANCE (TRAMPOLINE)**



**THIS IS THE MOST DIFFICULT BALANCE EXERCISE AND SHOULD BE PERFORMED ONLY AFTER EXERCISES 5.5 - 5.6**

**START BY BALANCING A FEW SECONDS ON THE GOOD LEG. THEN STAND ON THE AFFECTED SIDE, WITH EYES OPEN AND ARMS OUT. MAINTAIN YOUR BALANCE AS LONG AS POSSIBLE OVER THE NEXT 3 MINUTES. USE YOUR OTHER FOOT TO REGAIN YOUR BALANCE WHEN YOU LOSE IT.**

**5.80**  
**RESISTED DORSIFLEXION**



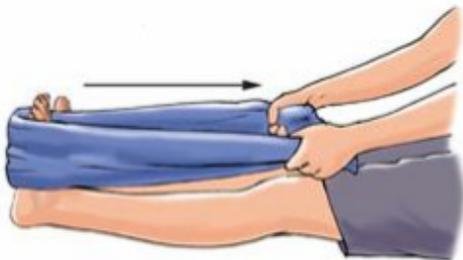
SIT WITH THE LEG EXTENDED AND HEEL RESTING ON THE FLOOR. TIE A RESISTANCE BAND OVER MIDFOOT. PULL THE FOOT BACK TOWARD THE KNEE, AGAINST RESISTANCE, AS FAR AS POSSIBLE. DO NOT PERFORM ON BOTH SIDES.

**5.81**  
**RESISTED PLANTARFLEXION**



SIT WITH THE LEG EXTENDED AND HEEL RESTING ON THE FLOOR. LOOP A RESISTANCE BAND UNDER THE FOOT AND HOLD BOTH ENDS. PUSH THE FOOT DOWN, AGAINST RESISTANCE, AS IF TO PRESS ON A GAS PEDAL. DO NOT PERFORM ON BOTH SIDES.

**5.82**  
**TOWEL STRETCH**



SIT WITH THE LEG EXTENDED AND HEEL RESTING ON THE FLOOR. LOOP A TOWEL UNDER THE BALL OF THE FOOT AND HOLD BOTH ENDS. RELAX THE FOOT AND PULL THE TOWEL WITH YOUR ARMS, BRINGING THE TOES BACK TOWARD THE KNEE.

HOLD FOR 1 MINUTE, THEN RELAX.

**5.83**  
**FROZEN CAN ROLL**



WE RECOMMEND USING A FROZEN JUICE CAN. DO NOT USE A SODA CAN.

WHILE SEATED, PLACE THE CAN LENGTHWISE UNDER YOUR FOOT. ADD MODERATE PRESSURE AND ROLL THE CAN BACK AND FORTH UNDER YOUR ARCH, PROVIDING AN ICE MASSAGE.

CONTINUE FOR 5 MINUTES. PERFORM AT THE START AND END OF EACH DAY.