

## Demo Physical Therapy

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## Home Exercise Program



# GENESIS

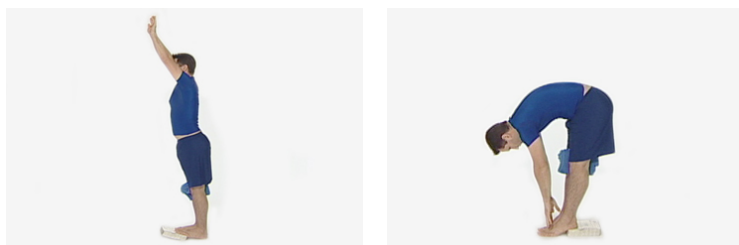
Rehab Services

### 1. Ankle: AROM Seated Dorsiflexion (with or without weight)



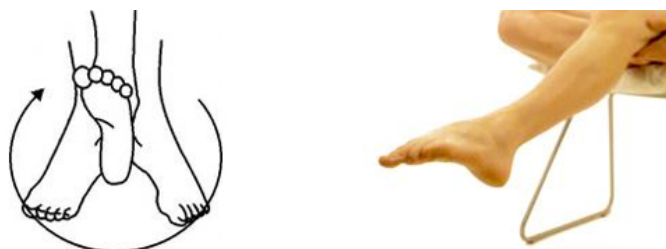
- Sit tall in a chair facing forward with your feet slightly apart and flat on the ground.
- Keeping your heels on the ground, lift your forefoot and toes up as high as you can.
- Return to initial position and repeat.
- PROGRESSION: Repeat with a weight above your foot.

### 2. Lower Extremity: Standing Active Hamstring Stretch



- Stand with your heels placed on a small step, feet together and squeeze a towel between your knees.
- Reach your arms above your head, bend over and touch your toes.
- Return to starting position and repeat.

### 3. Ankle: Active Circumduction



- Start seated in a chair with your leg elevated and your ankle unsupported.
- Move the ankle in a circular motion.
- Begin in a clockwise direction.
- Repeat in a counter clockwise direction.

### 4. Ankle: AROM Plantar Flexion



- Lie on your back or sit tall on the floor with your leg fully extended.
- Without bending your knee, move your forefoot down (point your toes) as far as you can and then bring your forefoot back up towards your knee as far as you can.
- Repeat as prescribed.

### 5. Ankle: Active Ankle Dorsiflexion with Inversion



- In long sitting pull your foot towards you and turn to the inside.
- Return to starting position and repeat.