

Demo Physical Therapy

123 Test St, suite 3
Demo, LA, 85024-1144
P: (602)555-4879
F: (602)555-4880
www.webpt.com

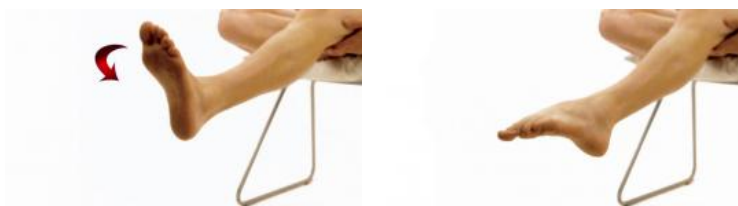
Home Exercise Program

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. Ankle: Active Circumduction



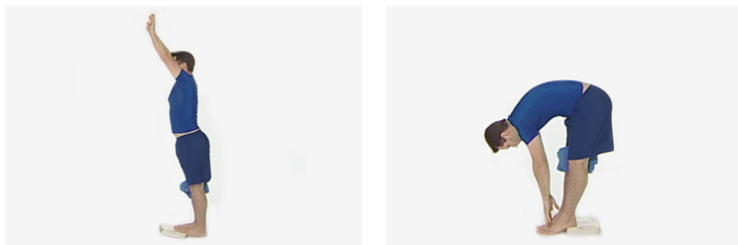
- Start seated in a chair with your leg elevated and your ankle unsupported.
- Move the ankle in a circular motion.
- Begin in a clockwise direction.
- Repeat in a counter clockwise direction.

3. 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.

4. 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.

5. Ankle: Active Ankle Dorsiflexion with Inversion



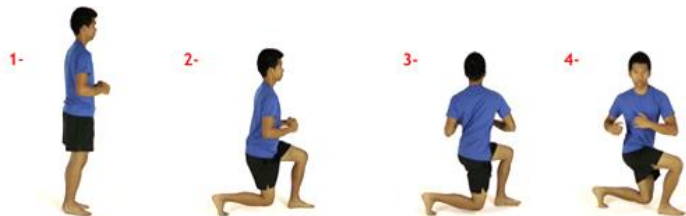
- In long sitting pull your foot towards you and turn to the inside.
- Return to starting position and repeat.

Demo Physical Therapy

123 Test St, suite 3
Demo, LA, 85024-1144
P: (602)555-4879
F: (602)555-4880
www.webpt.com

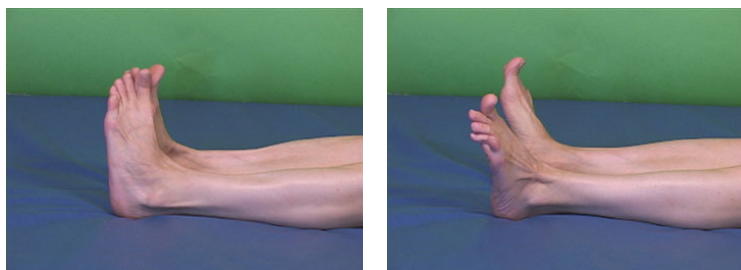
Home Exercise Program

6. Lower Extremity: Backward Walking Lunge with Trunk Rotation



- With your feet shoulder width apart take a step backward.
- Lower your body by bending the knees to 90 degrees without touching the floor with you back knee.
- Keep front knee in line with toes and do not let knee move inward or outward.
- Just before the knee touches the ground, rotate upper body over the front leg.
- Rotate body back to starting position.
- With front leg, push upwards to return to starting position.
- Take another step backward with opposite foot and perform the same movement.

7. Ankle: AROM Inversion/Eversion



- Lie on your back or sit tall on the floor with your feet comfortably apart.
- With out turning your knee in, bring both feet diagonally up and in (big toes towards each other).
- With out turning your knee out, bring both feet diagonally up and out (big toes away from each other).
- Repeat as prescribed.

8. Knee: Lying AROM Knee Bend/Knee Flexion



- Lie face down on a mat with your legs straight.
- Tighten your abdominal muscles by pulling your belly button towards your spine and hold the contraction.
- Bend your knee towards your buttock.
- Return to starting position and repeat.