

**AROM ankle alphabet**



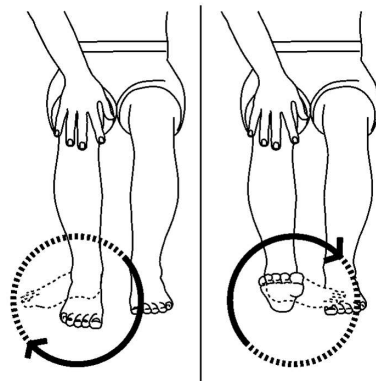
- Slowly move foot, spelling the alphabet.
- Do not let hip or knee move.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**AROM ankle circum**



- Sit with knee bent.
- Move foot in circles clockwise.
- Move foot in circles counterclockwise.

**Special Instructions:**

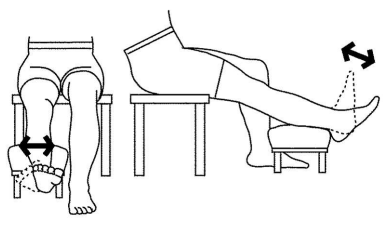
Be sure leg or knee does not move, insure motion occurs at ankle.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**AROM ankle 4 way**



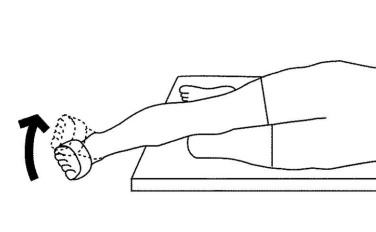
- Sit with leg supported as shown.
- Move foot inward, then outward.
- Move foot toward shin, then downward.
- Repeat.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**Resist ankle ever w/wt**



- Attach cuff weight around forefoot of involved ankle.
- Lie on side opposite of involved ankle, as shown.
- Raise foot upward.
- Lower and repeat.

**Special Instructions:**

Do not allow leg to rotate.

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

Use RED Elastic.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**Issued By:** ADVANCED SPINE & SPORTS CHIROPRACTIC

**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.