

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 hip/knee sagittal balance uni w/Balance Board



- Stand on rocker board on one leg, foot in line with rocker bottom.
- Keep board parallel to ground.
- Keep knee and back straight.
- Do not lock knee.
- Maintain balance.

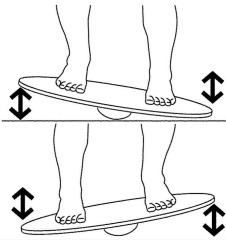
Special Instructions:

Use support as needed. Progress exercise by performing with eyes closed.

Perform 3 sets of 20 Repetitions, once a day.

Use Wobble Board.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

AROM ankle inv/ever bil w/wobble board



- Stand with both feet on wobble board.
- Move side to side as shown.

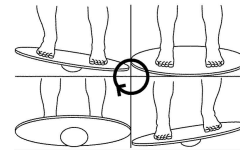
Special Instructions:

Use controlled movement and try not touch the sides of the board on the floor.

Perform 5 sets of 1 Minute, once a day.

Use Wobble Board.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

AROM ankle circum bil w/wobble board



- Stand with both feet far apart on wobble board.
- Move front edge to floor and continue in a circular motion as shown.
- Repeat the circular motion.

Special Instructions:

Use controlled movement and try not touch the sides of the board on the floor.

Perform 5 sets of 1 Minute, once a day.

Use Wobble Board.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Resist ankle calf raises bil stand w/wt

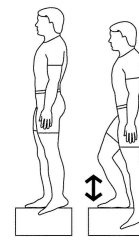


- Stand with weights in hands.
- Feet placed shoulder distance apart.
- Raise up on balls of feet.
- Return to start position and repeat.

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

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

AROM knee step up/down lateral partial



- Place involved leg on edge of step.
- Step up, lifting uninvolved leg off floor.
- Lower uninvolved foot toward floor but do not touch floor.
- Step up again and continue.

Perform 3 sets of 20 Repetitions, once a day.

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.