

Supine Ankle Pumps

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7

1



2



Setup

Begin lying on your back with your legs straight.

Movement

Slowly pump your ankles by bending and straightening them.

Tip

Try to keep the rest of your legs relaxed while you move your ankles.

Seated Ankle Inversion Eversion PROM

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| REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7 |
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Setup

Begin by sitting on a chair with one leg crossed over your other and holding your foot with your hands. One hand should be grabbing the ball of your foot and the other should be around your heel.

Movement

Using just your hands, slowly rotate your foot inward and outward.

Tip

Make sure to keep you ankle relaxed as you move your foot.

Seated Ankle Circles

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|----------|---------|----------|-----------|
| REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7 |
|----------|---------|----------|-----------|



Setup

Begin by sitting upright on the edge of a table or bed with both legs hanging off the edge.

Movement

Rotating at the ankle, slowly trace circles with your foot, first in one direction and then the other.

Tip

Make sure to keep your upper leg still as you move your foot.

Seated Ankle Alphabet

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7

1



2



Setup

Begin by sitting upright on a table or bed with both legs hanging off the edge.

Movement

Slowly trace the letters of the alphabet with the toe of one foot. You should be moving at your ankle.

Tip

Make sure to keep your upper leg still as you move your foot.

Seated Toe Towel Scrunches

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| REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7 |
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Setup

Begin sitting upright with one foot resting on a flat towel.

Movement

Spread out your toes, then scrunch the towel with your toes, and repeat.

Tip

Make sure to keep the rest of your foot in contact with the ground during the exercise.

Heel rises with counter support

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7

1



2



Setup

Begin in a standing upright position with your hands resting on a counter in front of you.

Movement

Slowly raise your heels off the ground, hold briefly, then lower them back down and repeat.

Tip

Make sure to maintain an upright posture and use the counter to help you balance as needed. Do not let your ankles rotate inward or outward.