



Family Care Plus Physical Therapy & Wellness
G-2037 S Center Rd, Ste A
Burton, Michigan 48519

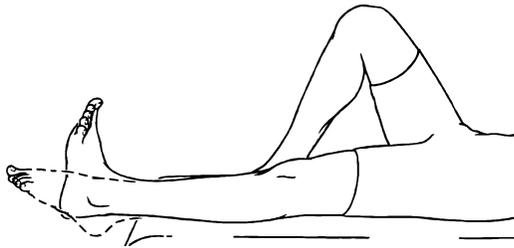
Hours: Monday through Friday, 8:00 AM till 6:00 PM
Phone: (810)743-7950

Visit us online at www.familycarepluspt.com and check exercise videos!

Also, join us on Facebook/Family Care Plus Physical Therapy & Wellness.

****Be patient and work as per the guidelines. It takes some time to see objective improvement. Feel free to ask questions if you have any concerns.

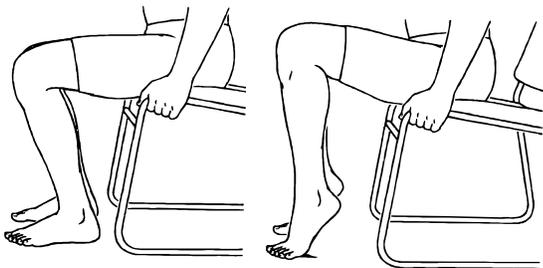
ANKLE / FOOT - 18 ROM: Plantar / Dorsiflexion



With right leg relaxed, gently flex and extend ankle. Move through full range of motion. Avoid pain.

Repeat 10 times per set. Do 3 sets per session.
Do 3 sessions per day.

ANKLE / FOOT - 23 Heel Raise (Sitting)



Raise heels, keeping toes on floor.

Repeat 10 times per set. Do 3 sets per session.
Do 3 sessions per day.

ANKLE / FOOT - 10 Toe Curl: Unilateral

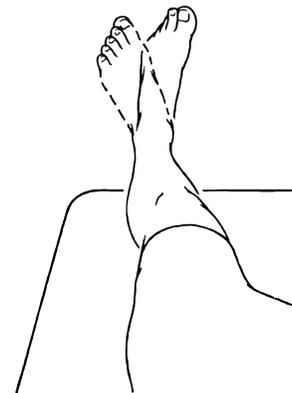


With right foot resting on towel, slowly bunch up towel by curling toes.

Repeat 10 times per set. Do 3 sets per session.
Do 3 sessions per day.

ANKLE / FOOT - 19 ROM: Inversion / Eversion

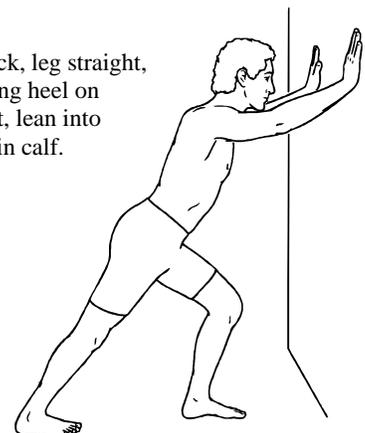
With right leg relaxed, gently turn ankle and foot in and out. Move through full range of motion. Avoid pain.



Repeat 10 times per set.
Do 3 sets per session.
Do 3 sessions per day.

ANKLE / FOOT - 14 Gastroc Stretch

Stand with right foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf. Hold 10 seconds.



Repeat 10 times per set.
Do 3 sets per session.
Do 3 sessions per day.