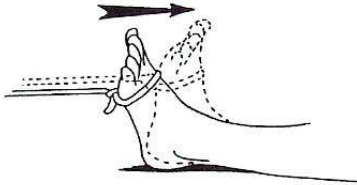




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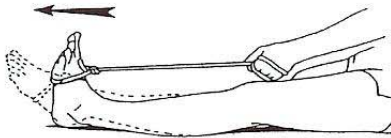
ANKLE/FOOT - 5 Resisted Dorsiflexion



With tubing anchored in doorjamb, pull foot toward face. Return slowly to starting position. Relax.
 Repeat _____ times. Do _____ sessions per day.

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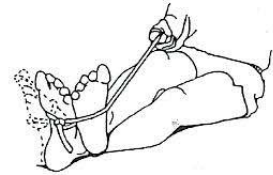
ANKLE/FOOT - 6 Resisted Plantar Flexion



With tubing around foot, press foot down.
 Repeat _____ times. Do _____ sessions per day.

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ANKLE/FOOT - 7 Resisted Inversion

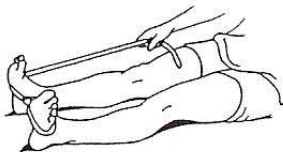


Cross legs with involved ankle underneath. With tubing anchored around uninvolved foot, slowly turn involved foot inward.

Repeat _____ times. Do _____ sessions per day.

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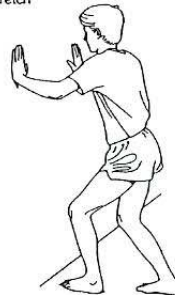
ANKLE/FOOT - 8 Resisted Eversion



With tubing anchored around uninvolved foot, slowly turn involved foot outward.
 Repeat _____ times. Do _____ sessions per day.

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ANKLE/FOOT - 13 Soleus Stretch



Standing with both knees bent and involved foot back, gently lean into wall until stretch is felt in lower calf.

Hold _____ seconds.
 Repeat _____ times.
 Do _____ sessions per day.

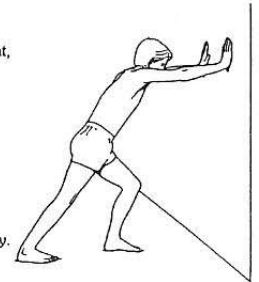
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ANKLE/FOOT - 14 Gastroc Stretch

Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf.

Hold _____ seconds.
 Repeat _____ times.
 Do _____ sessions per day.

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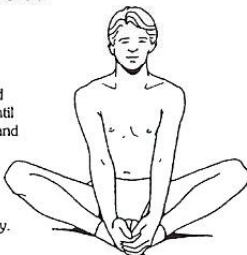


HIP and KNEE - 32 Stretching Inner Thigh/Groin Stretch

Place heels together and pull feet toward groin until a stretch is felt in groin and inner thigh.

Hold _____ seconds.
 Repeat _____ times.
 Do _____ sessions per day.

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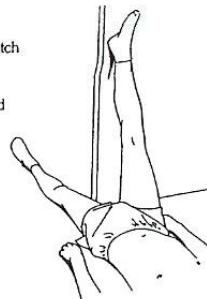


HIP and KNEE - 33 Stretching Hamstring Wall Stretch

Lying on floor with involved leg on wall and other leg through doorway, scoot buttocks toward wall until a stretch is felt in back of thigh. As leg relaxes, scoot closer to wall.

Repeat _____ times.
 Do _____ sessions per day.

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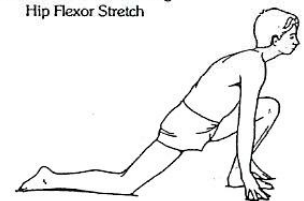


HIP and KNEE - 34 Stretching Hip Flexor Stretch

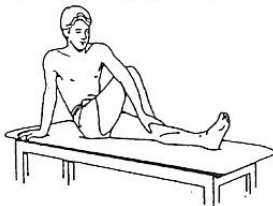
Slowly push pelvis downward while slightly arching back until a stretch is felt on front of hip.

Hold _____ seconds. Repeat _____ times.
 Do _____ sessions per day.

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HIP and KNEE - 35 Stretching: Piriformis Stretch



Cross leg over thigh and place elbow over outside of knee. Gently stretch buttock muscles by pushing bent knee across body.

Hold _____ seconds. Repeat _____ times.
 Do _____ sessions per day.

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HIP and KNEE - 36 Stretching: Tensor Stretch

Cross LEFT leg over the other, then lean to the _____ until a stretch is felt over outside of hip.

Hold _____ seconds.
 Repeat _____ times.
 Do _____ sessions per day.

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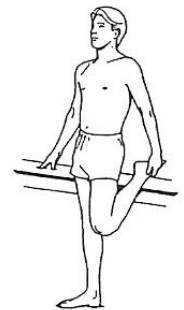


HIP and KNEE - 37 Stretching Quadriceps Stretch

Pull heel toward buttock until a stretch is felt in front of thigh.

Hold _____ seconds.
 Repeat _____ times.
 Do _____ sessions per day.

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