

Sit on the floor with your legs straight out in front of you.

Loop the resistance band around the ball or mid-foot of your injured foot.

Anchor the other end of the band by holding it or pressing your uninjured foot against it.

Turn your injured foot outward against the band, moving it away from your other foot. Keep your leg still and move only your ankle.

Slowly return your foot to the middle.



Sit on the floor with your legs straight.

Loop the resistance band around the foot and cross it over or anchor it with the opposite foot or a stable object.

Pull your foot inward toward your body's midline, moving only from the ankle joint.

Hold for a few seconds, then slowly let the band pull your foot back out.



Stand on a flat, firm surface near a wall, chair, or counter for safety.

Stretch your arms out to your sides to form the letter "T".

Lift your uninjured leg off the floor by bending it at the knee.

Keep your standing knee soft and your hips level.

Hold the balance for 10 to 30 seconds.



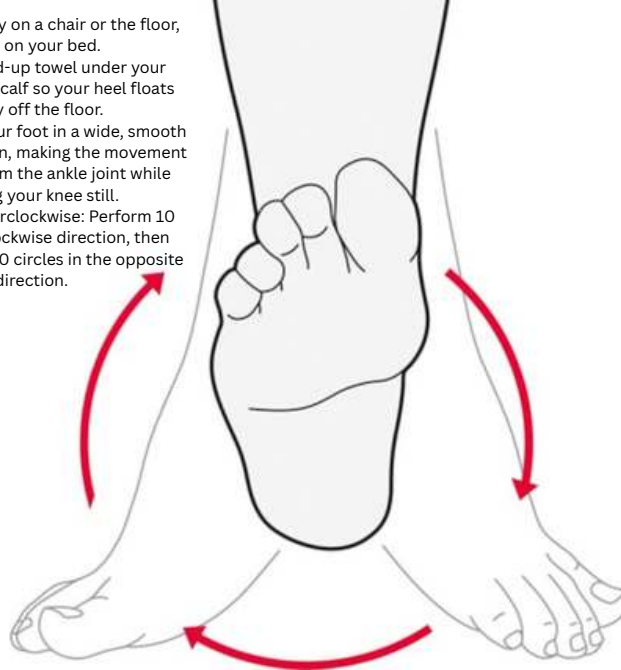


Sit comfortably on a chair or the floor,
or lie on your bed.

Place a rolled-up towel under your
ankle or lower calf so your heel floats
freely off the floor.

Slowly move your foot in a wide, smooth
circular direction, making the movement
come only from the ankle joint while
keeping your knee still.

Repeat counterclockwise: Perform 10
circles in a clockwise direction, then
switch and do 10 circles in the opposite
direction.





Sit or lie down with your leg extended or elevated on a pillow. Picture your big toe as a pen or stencil. Slowly trace the capital letters of the alphabet from A to Z using your foot. Move only your foot and ankle, keeping your lower leg still. Go slowly and stay entirely within a pain-free zone