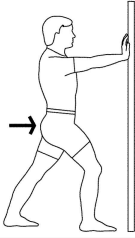


Stretch Gastroc uni standing



- Stand facing wall, hands on wall.
- Step forward with foot of uninvolved leg, leaning hips toward wall.
- Keep rear leg straight with heel on floor.

Perform 3 sets of 5 Repetitions, twice a day.

Hold exercise for 30 Seconds.
Rest 0 Seconds between sets.

AROM ankle PF bil stand on step

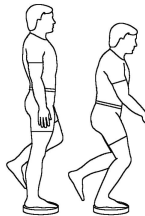


- Stand on step with both feet, holding on to banister for balance.
- Push up on balls of foot.
- Return to start position and repeat.

Perform 3 sets of 30 Repetitions, once a day.

Perform 3 repetitions every 0 Seconds.

AROM knee squat uni w/cushion disk

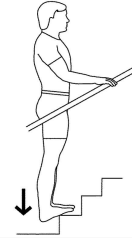


- Step up with one foot onto cushion disk.
- Use wall or chair to obtain balance.
- Release wall or chair and bend knee into a squat, looking straight ahead.
- Stand up and repeat with other leg.

Perform 3 sets of 30 Repetitions, once a day.

Use Wheel.
Rest 1 Minute between sets.
Perform 3 repetitions every 0 Seconds.

Stretch Gastroc/Soleus bil standing



- Stand with balls of feet on a step, using banister to steady yourself.
- Keeping knees slightly bent, gently lower heels.

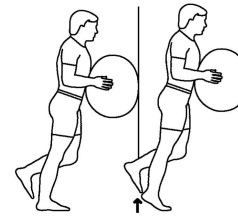
Special Instructions:

Progress to performing with straight knees.

Perform 3 sets of 5 Repetitions, twice a day.

Hold exercise for 30 Seconds.

AROM ankle PF uni stand w/ball

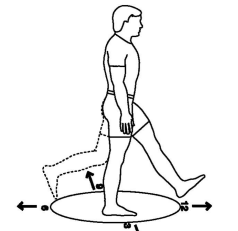


- Place ball against wall at chest level.
- Lean forward on ball as shown.
- Place one foot behind other.
- Lift heel up.
- Lower and repeat.

Perform 3 sets of 30 Repetitions, once a day.

Use Ball.
Rest 1 Minute between sets.
Perform 3 repetitions every 0 Seconds.

AROM knee stance clock reach



- Stand on involved leg.
- Visualize a clock below your feet with 12:00 in front of you.
- Reach with opposite leg to 12:00.
- Return to start position.
- Continue this sequence reaching to 3:00, 6:00, and 9:00.

Perform 3 sets of 30 Repetitions, once a day.

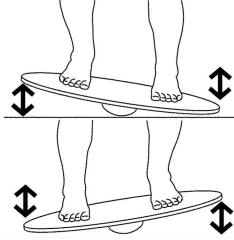
Rest 1 Minute between sets.
Perform 3 repetitions every 0 Seconds.

Issued By: Bridgit A. Finley, PT, DPT, M.Ed., Signature: _____

These exercises are to be used only under the direction of a licensed, qualified professional.
Physical Therapy Central

Except as to user supplied materials, Copyright 1995-2004 BioEx Systems, Inc.

AROM ankle inv/ever bil w/wobble board

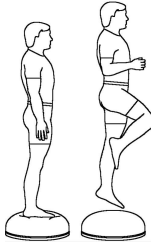


- Stand with both feet apart together on wobble board.
- Move left side toward floor without touching.
- Move right side toward floor without touching.
- Repeat.

Perform 3 sets of 30 Minute, once a day.

Use Wobble Board.
Rest 1 Minute between sets.
Perform 3 repetitions every 0 Seconds.

AROM hip jump uni w/BOSU



- Stand on BOSU with both feet.
- Jump up, land on one leg, jump back up and land with other leg.
- Repeat.

Perform 3 sets of 30 Minute, once every other day.

Use BOSU.
Rest 1 Minute between sets.
Perform 3 repetitions every 0 Second.

AROM knee jogging w/trampoline



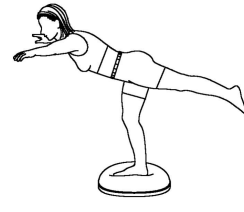
- Stand on mini trampoline.
- Slowly begin to jump up and down alternating with both feet.
- Keep feet about shoulder distance apart.
- Start slow and keep jumps small.

Special Instructions:

Stay in center of trampoline
Perform 3 sets of 30 Minute, once every other day.

Use Trampoline.
Rest 1 Minute between sets.
Perform 3 repetitions every 0 Second.

AROM hip single leg balance w/BOSU

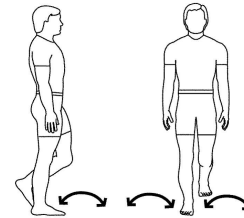


- Stand on BOSU.
- Extend left leg backward while leaning forward and raising arms out to sides.
- Hold and balance.
- Repeat.
- Perform sets on standing on opposite leg.

Perform 3 sets of 30 Minute, once a day.

Use BOSU.
Rest 1 Minute between sets.
Perform 3 repetitions every 0 Seconds.

AROM knee hopping uni

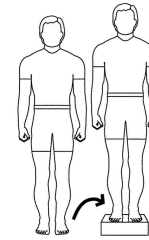


- Stand on right leg.
- Hop forward and then backward.
- Hop to the left and back to the right.
- Hop to right and then back to left.
- Repeat while standing on left leg.

Perform 3 sets of 30 Minute, once every other day.

Rest 1 Minute between sets.
Perform 3 repetitions every 0 Second.

AROM knee plyometric jumps side/side on step



- Stand with right side to a 4 inch step.
- Jump to left, up on to step with both feet at the same time.
- Jump back down.
- Gradually increase speed until you can do a jump per second.

Special Instructions:

Repeat the jumps to the other side.
Perform 3 sets of 30 Minute, once every other day.

Rest 1 Minute between sets.
Perform 3 repetitions every 0 Second.

Issued By: Bridgit A. Finley, PT, DPT, M.Ed., Signature: _____

These exercises are to be used only under the direction of a licensed, qualified professional.
Physical Therapy Central

Except as to user supplied materials, Copyright 1995-2004 BioEx Systems, Inc.