



COMPREHENSIVE SPINE CENTER

— OF DALLAS —

For more information, visit WWW.DALLASSPINE.COM (Physical Therapy Tab).

ANKLE ROM B WITH ISOMETRICS



EVERSION

While seated, move your foot in an outward direction as shown.

Be sure to keep your heel in contact with the floor the entire time.

Repeat 10 Times
Complete 3 Sets

Hold 3 Seconds
Perform 2 Times a Day



INVERSION

While seated, move your foot in an inward direction.

Be sure to keep your heel in contact with the floor the entire time.

Repeat 10 Times
Complete 3 Sets

Hold 3 Seconds
Perform 2 Times a Day



TOWEL SLIDES - INVERSION

While seated, use a towel and slide it with your foot across the floor in an inward direction.

Be sure to keep your heel in contact with the floor the entire time.

Repeat 6 Times
Complete 3 Sets

Hold 0Seconds
Perform 2 Times a Day



TOWEL SLIDES - EVERSION

While seated, use a towel and slide it with your foot across the floor in an outward direction.

Be sure to keep your heel in contact with the floor the entire time.

Repeat 6 Times
Complete 3 Sets

Hold 0Seconds
Perform 2 Times a Day



TOES RAISES - DORSIFLEXION STANDING

In a standing position with your feet on the ground, raise up your forefoot and toes as you bend at your ankle.

Repeat 8 Times
Complete 1 Set

Hold 15 Seconds
Perform 1 Times a Day



STANDING HEEL RAISES

While standing, raise up on your toes as you lift your heels off the ground.

Repeat 10 Times

Hold 3 Seconds

Complete 2 Sets

Perform 2 Times a Day



STANDING HEEL RAISES - SINGLE LEG

While standing on one leg, raise up on your toes as you lift your heel off the ground.

Repeat 8 Times

Hold 5 Seconds

Complete 3 Sets

Perform 2 Times a Day



INVERSION ISOMETRIC BILATERAL - BALL

Place a ball or rolled towel between your feet as shown. Next, apply some pressure into the ball or rolled towel with the front and inner aspect of your feet and hold.

Repeat 12 Times

Hold 12 Seconds

Complete 3 Sets

Perform 2 Times a Day



EVERSION ISOMETRIC

Place your hand on the outer aspect of your foot and hold as you attempt to press the foot into the hand.

Repeat 12 Times
Complete 3 Sets

Hold 10 Seconds
Perform 2 Times a Day



DORSIFLEXION ISOMETRIC

Place your hand on the top part of your foot and hold as you attempt to lift the foot into the hand.

Repeat 12 Times
Complete 3 Sets

Hold 10 Seconds
Perform 2 Times a Day



INVERSION ISOMETRIC

Place your hand on the inner aspect of your foot and hold as you attempt to lift the foot into the hand.

Repeat 12 Times
Complete 3 Sets

Hold 10 Seconds
Perform 2 Times a Day

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PLANTARFLEXION ISOMETRIC

Place your hand on the bottom part of your foot and hold as you attempt to press the foot into the hand.

Repeat 12 Times
Complete 3 Sets

Hold 10 Seconds
Perform 2 Times a Day