

ANKLE/FOOT - 15 One Foot Balance

Attempt to balance on involved leg. Begin with eyes open and then attempt to perform exercise with eyes closed.

Hold 5 seconds/minutes.

Repeat 15 times.

Do 3 sessions per day.



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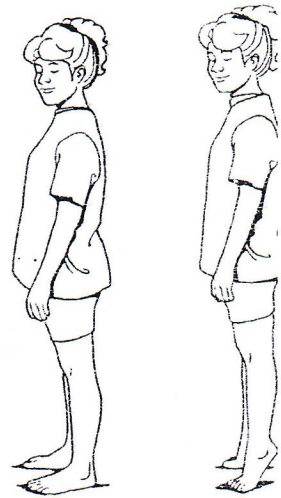
ANKLE/FOOT - 20 Standing Bilateral Heel Rise

Rise on balls of feet.

Repeat 5 repetitions/set.

Do 15 sets/session.

Do 3 sessions/day.



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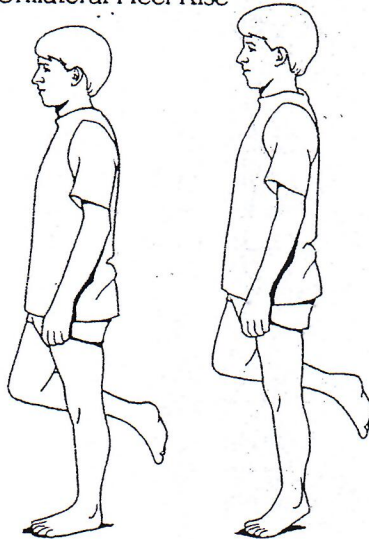
ANKLE/FOOT - 21 Standing Unilateral Heel Rise

Balance on RIGHT LEFT foot, then rise on ball of foot.

Repeat 5 repetitions/set.

Do 15 sets/session.

Do 3 sessions/day.



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ANKLE/FOOT - 22 Standing Toe Raise

Rock back on heels.

Repeat 5 repetitions/set.

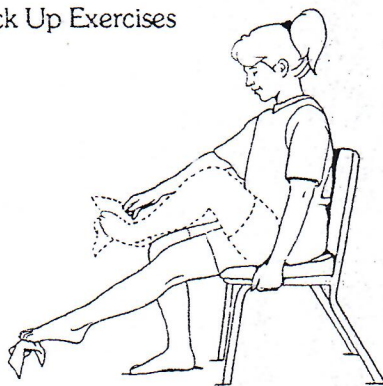
Do 15 sets/session.

Do 3 sessions/day.



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ANKLE/FOOT - 25 Pick Up Exercises



Use toes of RIGHT LEFT foot to pick up objects from floor, such as coins, marbles, tissue, \_\_\_\_\_, \_\_\_\_\_ and place in opposite hand.

Repeat 5 repetitions/set Do 15 sets/session

ANKLE / FOOT - 26 Foam Balance

Standing on a piece of dense foam, practice one foot balance. Begin with eyes open, then progress to eyes closed.

Hold 5 seconds / minutes.

Repeat 15 times per set.

Do 3 sets per session.

Do 3 sessions per day.

