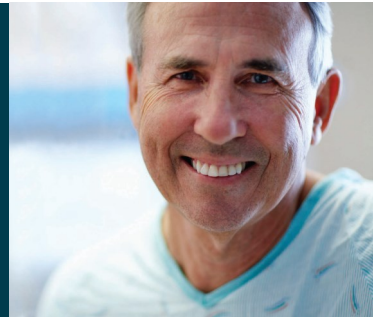


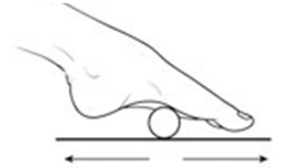
Orthopedic Trauma

Foot & Ankle Conditioning



Golf Ball Roll

Sit on a table with both feet planted on the floor. Roll a golf ball under the arch of your affected foot for 2 minutes. Tip— sit up tall and keep your foot toward your chair. Repeat 1 time per day, 7 days a week.



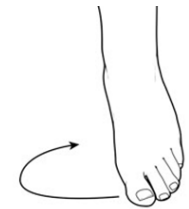
Towel Stretch

Sit on the floor with both legs out in front of you. Loop a towel around the ball of your affected foot and grasp the ends of the towel in your hands. Keep your affected leg straight and pull the towel toward you. Hold for 30 second and then relax for 30 seconds. Repeat 3 times. Top— sit up tall and keep your legs straight. Repeat 2 sets of 10, 6-7 days per week.



Ankle Range of Motion

Sit down so that your feet do not touch the floor. Use your foot to write each letter of the alphabet in the air. Lead with your big toe. Tip— keep the movements small, using just your foot and ankle. Repeat 2 times per day, 7 days a week.



Marble Pickup

Sit with both feet flat and place 20 marbles on the floor in front of you. Use your toes to pick up one marble at a time and place into a bowl. Repeat until you have picked up all the marbles. Tip— do not place the marbles too far out in front or to the side. Repeat 1 time per day, 7 days a week.



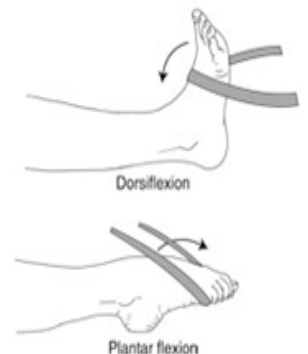
Towel Curls

Sit with both feet flat and place a small towel on the floor in front of you. Grab the center of the towel with your toes and curl the towel toward you. Relax and repeat. Tip— you can make this exercise more challenging by placing a weight onto the edge of the towel. Repeat 5 times per day, 7 days a week.



Ankle Dorsiflexin/Plantar Flexion

Sit on the floor with your legs straight out in front of you. For dorsiflexin, anchor the elastic band on a chair or table leg, then wrap it around your foot. Pull your toes toward you and slowly return to the start position. Repeat 10 times. For plantar flexion, wrap the elastic band around your foot and hold the ends in your hand. Gently point your toes and slowly return to the start position. Repeat 10 times. Tip— keep your leg straight and heel on the floor for support. Repeat 3 sets of 10, 3 days per week.



FIRST PHYSICIANS GROUP
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