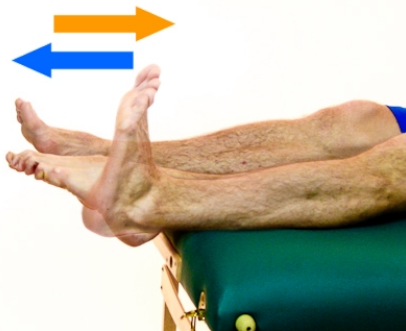




Recumbent Exercise Bike

Recumbent Exercise Bike  
Time:  
RPM:  
HR:

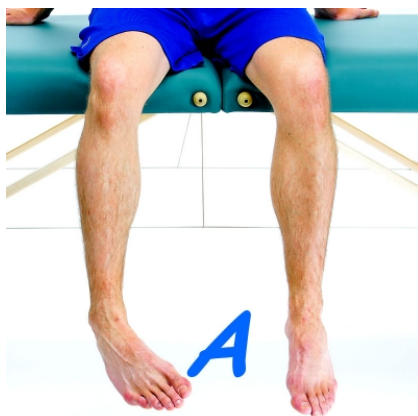
Repeat 1 Time  
Hold 10 Seconds  
Complete 1 Set  
Perform 2 Time(s) a Day



ANKLE PUMPS - AP

Bend your foot up and down at your ankle joint as shown.

Repeat 15 Times  
Complete 3 Sets  
Perform 2 Time(s) a Day



ANKLE ABC's

While in a seated position, write out the alphabet in the air with your big toe.

Your ankle should be moving as you perform this.

Repeat 1 Time  
Complete 1 Set  
Perform 2 Time(s) a Day



### Toe curls

Sitting with your foot on the floor, curl toes and hold for 10 seconds then extend toes for 10 seconds.

Repeat 15 Times  
Complete 3 Sets  
Perform 2 Time(s) a Day



### Heel raises

Raise heels as high as comfortable.  
Repeat 2 sets of 15 repetitions.

Repeat 15 Times  
Complete 2 Sets  
Perform 2 Time(s) a Day



### CKC DF

Closed Kinetic Chain Dorsiflexion (CKC DF):

Start by setting up in a calf stretch stance.

Then begin to apply weight and pressure down in to the front ankle.

Exercise should be done in a pain free zone and tolerated by patient.

Repeat 10 Times  
Hold 10 Seconds  
Complete 1 Set  
Perform 2 Time(s) a Day