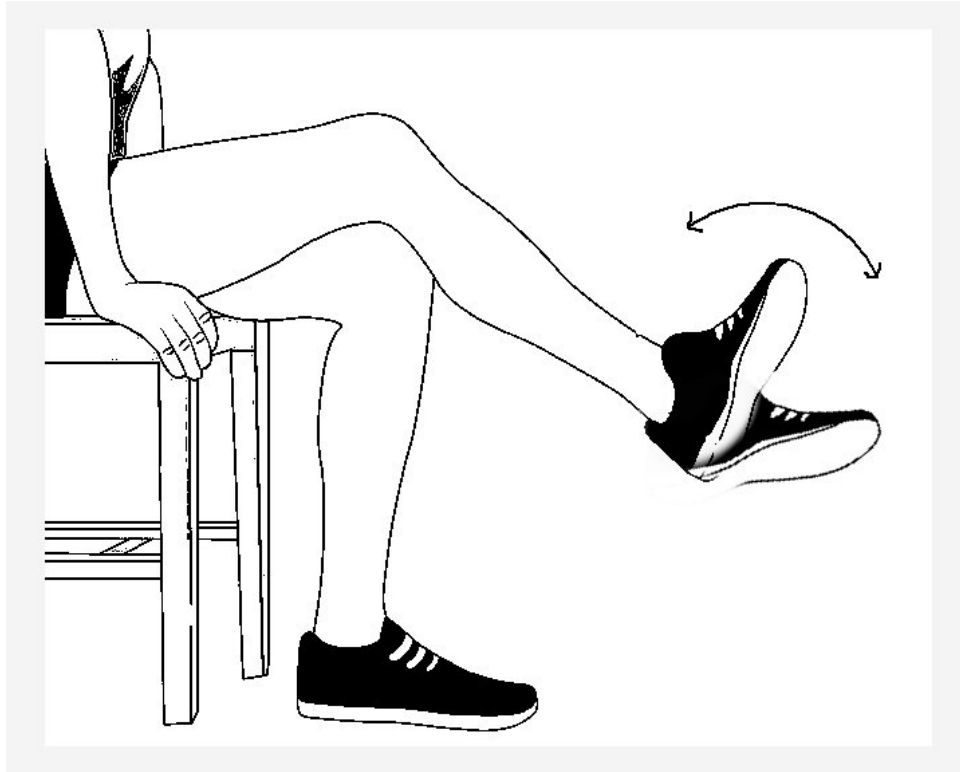


Ankle Acute Exercises



With your affected leg crossed over the other, or supported by the seat of the chair, flex and extend your foot at the ankle in the air within pain tolerance.

Do Not Cause Pain.

HOLD: ☐5 ☐10 **REPS:** ☐5 ☐10 **SETS:** ☐1 ☐2 ☐3

☐ Ice After Exercises, and 20 Mins Every Hour

Name_____ Date_____ Dr._____