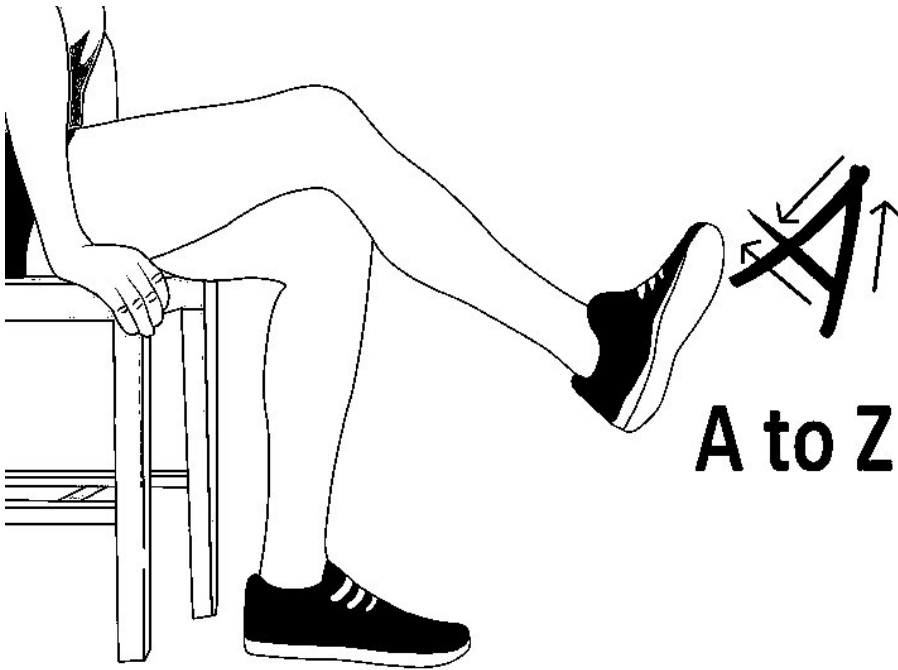


Ankle ABC

Sub-Acute Exercises



With your affected leg crossed over the other, or supported by the seat of a chair, use your big toe as the pointer, trace the alphabet in the air within your 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._____