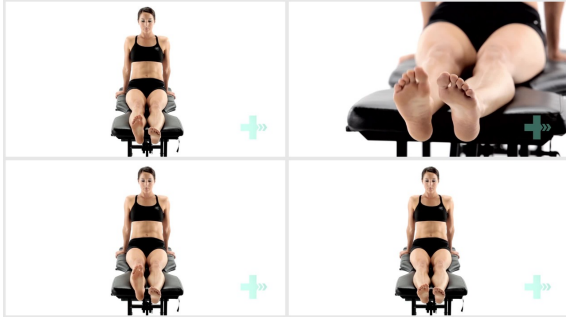


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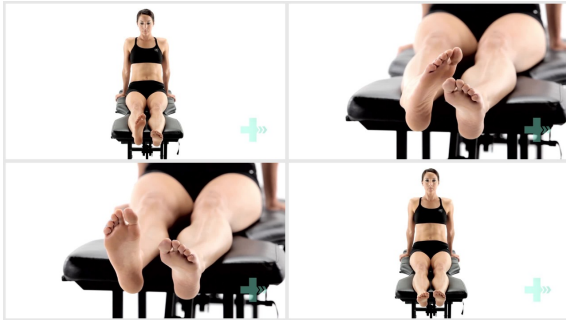
3 Sets / 10 Reps



1. AROM ankle dorsiflexion

Start in a seated position with your legs out straight.
Pull your toes up towards your head, keeping the leg straight.
The knee stays flat on the table as your move the foot up and down.

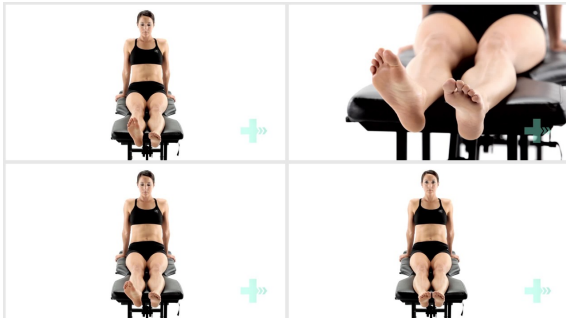
3 Sets / 10 Reps



2. AROM ankle inversion

Start in a seated position with your legs straight.
Invert your ankle by turning the sole of your foot towards the midline of the body.
Do not move your knee or the hip to create this range of motion, move your ankle only.

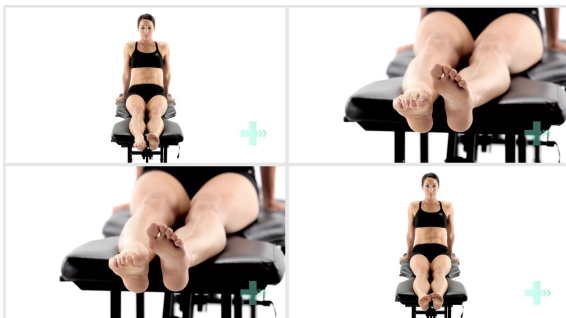
3 Sets / 10 Reps



3. AROM ankle eversion

Sit down with your legs extended out straight.
Start with your ankle in a neutral position and slowly evert your ankle by rotating the sole of your foot away from midline of the body.
Do not move your knee or hip to create this range of motion, strictly move your ankle only.

3 Sets / 10 Reps



4. AROM ankle plantarflexion

Start in a seated position with your legs out straight.
Point your toes down as far as you can, and then back to neutral position.
The knee stays straight during this exercise.



5. AROM ankle circumduction

Lie down on your back with your legs straight out in front of you. Make clockwise circles with your ankles, then change direction to make anticlockwise circles.

3 Sets / 10 Reps / 5 s hold



6. Supine isometric knee extension

Sit upright and clench your thigh muscles, pushing the back of your knee into the bed so your leg straightens. Relax and repeat.

3 Sets / 10 Reps



7. IRQ in long sitting

Lie on your back with a foam roller or rolled towel under your knees and let your legs hang over in a comfortable position. Straighten your affected knee by tensing the thigh muscles, so that your heel comes off the table and the knee straightens. Hold this position, then control the movement back down to the start position and repeat.

3 Sets / 10 Reps / 5 s hold



8. Standing weight transference side to side [11050]

Stand in front of a mirror, with your feet hip-width apart. Then using your core muscles, gently move side to side, shifting your body weight from one side to the other.

Make sure your hips don't drop down or push out to the sides and keep your shoulders level.

20% bodyweight only.