

Name _____

Date _____

Pre-Rehab Modalities

___ Whirlpool	_____ Minutes
___ Moist Heat pack	_____ Minutes
___ Ice	_____ Minutes
___ E-Stim	_____ Minutes
___ Ultrasound	_____ Minutes

Stretching

___ Slant board	_____ Seconds
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Range of Motion

___ Ankle pumps	_____ Minutes
___ Ankle circles	_____ Minutes
___ ABC's	_____ Minutes

Resistive Ankle ROM

___ Dorsiflexion-towards you	_____ Sets/ reps
___ Plantarflexion-away from you	_____ Sets/ reps
___ Inversion-toward other foot	_____ Sets/ reps
___ Eversion-away from other foot	_____ Sets/ reps

Nonweight Bearing Exercises

___ Towel Crunches	_____ Sets/ reps
___ Marble Pickup with Toes	_____ Sets/ reps

Weight Bearing Exercises

___ Heel Raises	_____ Sets/ reps
___ Step-Ups-forward	_____ Sets/ reps
___ Step-Ups-Sideways	_____ Sets/ reps
___ Squats	_____ Sets/ reps

Balance Exercises

___ One Leg Stance	_____ minutes
___ Leg Kicks-4 ways (place band on "good" foot)	_____ Sets/ reps