

# Westminster Accident and Injury Center

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**Name:**

**Date:**

**Series:**

Treat rehab and corrective exercises with respect. It is best to follow this program outlined in the order presented, performed as directed by Dr. Higgins. Wear loose fitting, comfortable clothes and start movements slowly and carefully. Maintain a balanced breathing cycle with each exercise. Do not skip a day or double up on your routine. If you feel some discomfort or soreness it is due to your muscles becoming stronger and conditioned.



## Dorsiflexion

- Anchor the band and start in a seated position with legs straight
- Wrap the band around the top of the foot and flex the toes back towards shins for two counts
- Release the toes for two counts and repeat with other foot

**Reps: 10      Sets: 3**



## Plantarflexion

- Start in a seated position with legs straight and hold both ends of band in one hand
- Wrap the band around the ball of the foot
- Point toes forward for two counts
- Release the toes for two counts and repeat with other foot

**Reps: 10      Sets: 3**



## Ankle Eversion

- Anchor the band and start in a seated position with legs straight
- Wrap the band around the top of the foot, flex the toes and pull foot out to the side for two counts
- Release the toes for two counts and repeat with other foot

**Reps: 10      Sets: 3**



## Ankle Inversion

- Anchor the band and start in a seated position with legs straight
- Wrap the band around the top of the foot, flex the toes and pull foot the inward for two counts
- Release the toes for two counts and repeat with other foot

**Reps: 10      Sets: 3**