

Provided by : Agility Physical & Occupational Therapy

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1. Lie flat on back
2. Slide injured heel toward your buttocks, bending the knee to tolerance
3. Hold 5 seconds and slowly lower
4. 3 sets of 10 repetitions, 1-2 times per day



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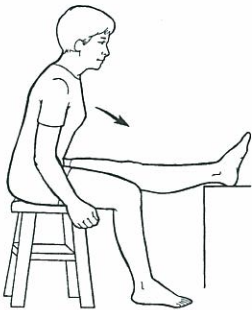
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1. Stand holding the injured ankle as shown
2. Bend the knee upward so that you feel a stretch
3. As you bend the knee, make sure the thigh stays in line with your body as shown (don't let it point forward)
4. Hold 30 seconds
5. 3 repetitions, 1-2 times per day

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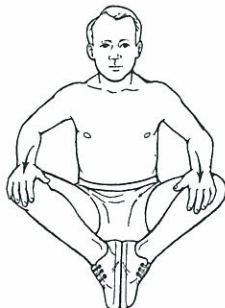
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1. Sit with leg propped as shown
2. Relax, letting the leg straighten
3. Lean forward, keeping the back straight
4. Hold 30 seconds
5. 3 repetitions, 1-2 times per day

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1. Sit with knees bent, feet together as shown
2. Press knees downward toward the floor, using hands as needed
3. Hold 30 seconds
4. 3 repetitions, 1-2 times per day

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