

## Personal exercise program



Hospital for Special Surgery  
Hospital for Special Surgery  
535 East 70th Street, 10021, New York, New York, United States

Provided by HSS Rehab and LLCRS

LLCRS: Hinged  
Foot/Ankle  
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Provided for

### **Ankle Active PF/DF Step 1:**



Unlock frame as instructed during your Physician Assistant or Physical Therapist. Place firm object under top ring so your foot ring can clear the bed.

Bend your \_\_\_\_\_ for back towards you as far as possible

### **Ankle Active PF/DF Step 2:**



Slowly push your foot away from your body and try to point your toes towards the opposite wall.

Perform repeatedly in a slow fashion so your foot goes all the way towards you then away from you.

Perform \_\_\_\_\_ repetitions \_\_\_\_\_ times a day.

### **Calf Stretch with strap:**



With your frame unlocked.

Place your green strap around the ball of your foot as shown. Gently pull the strap so your foot bends back towards you.

Hold for \_\_\_\_\_ seconds

Repeat \_\_\_\_\_ repetitions \_\_\_\_\_ times a day

### **Great Toe ROM Step 1:**



Gently use your hands to stretch your toes back towards your body.

If you cannot reach, have someone perform for you.

**Great Toe ROM Step 2:**

Gently use your hands to stretch your toes away from your body.

If you cannot reach, have someone perform for you.

Perform \_\_\_\_\_ repetitons \_\_\_\_\_ times a day

