

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
4/23/2012

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

