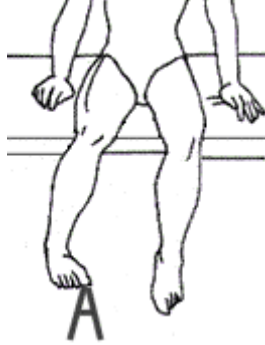
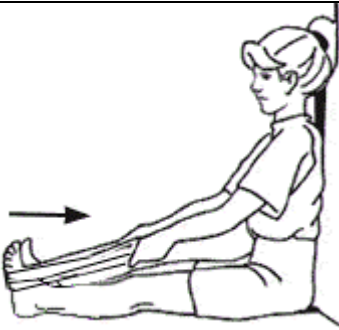


Ankle Sprain Program



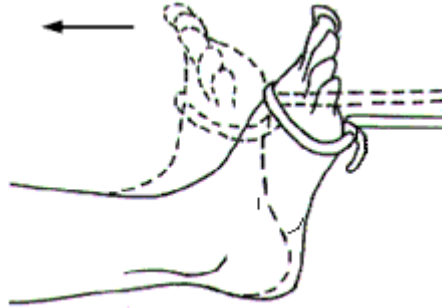
AS IF THE TOE WAS THE TIP OF A PEN DRAW THE LETTERS OF THE ALPHABET BY MOVING YOUR FOOT AND ANKLE.

Repeat:	1 times	Sets:	0
Hold Time:	0 secs	Resistance/Time:	0
Sessions:	2 /day		



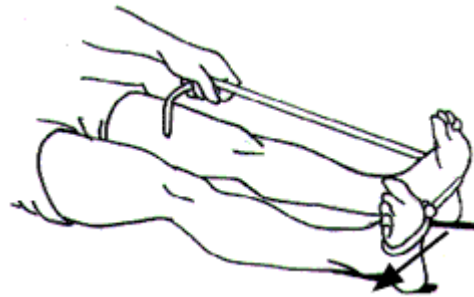
WRAP A TOWEL AROUND THE BALL OF YOUR FOOT AND GENTLY PULL TOWARD YOUR BODY.

Repeat:	10 times	Sets:	1
Hold Time:	5 secs	Resistance/Time:	0
Sessions:	2 /day		



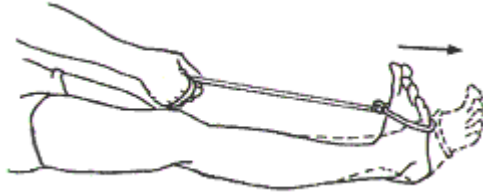
WITH A RESISTIVE TUBING AROUND YOUR FOOT MOVE YOUR FOOT UP IN THE DIRECTION OF YOUR KNEE.

Repeat:	10 times	Sets:	2
Hold Time:	5 secs	Resistance/Time:	0
Sessions:	2 /day		



WITH A RESISTIVE TUBING AROUND YOUR FOOT AND ANCHORED ON THE INSIDE OF THE FOOT MOVE YOUR ANKLE OUTWARD AND IN THE OPPOSITE DIRECTION FROM WHICH THE TUBE IS ANCHORED.

Repeat:	10 times	Sets:	2
Hold Time:	5 secs	Resistance/Time:	0
Sessions:	2 /day		



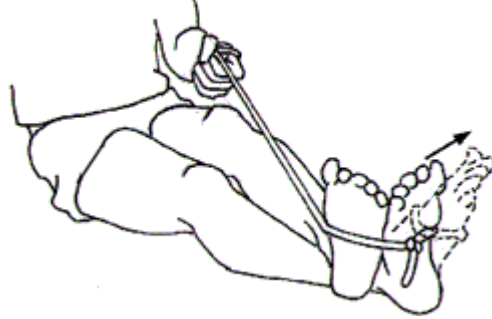
WITH A RESISTIVE TUBING AROUND YOUR FOOT MOVE YOUR FOOT UP IN A DOWNWARD DIRECTION AWAY FROM YOUR BODY.

Repeat:	10 times	Sets:	2
Hold Time:	5 secs	Resistance/Time:	0
Sessions:	2 /day		



RAISE BOTH HEELS OFF THE GROUND MOVING ONTO THE BALLS OF YOUR FEET.

Repeat:	10 times	Sets:	2
Hold Time:	5 secs	Resistance/Time:	0
Sessions:	2 /day		



WITH A RESISTIVE TUBING AROUND YOUR FOOT AND WRAPPED AROUND THE UNINVOLVED FOOT AS ILLUSTRATED, MOVE YOUR INVOLVED ANKLE DOWN AND INWARD.

Repeat:	10 times	Sets:	2
Hold Time:	5 secs	Resistance/Time:	0
Sessions:	2 /day		