

YOUR DVD CODE: 928 - 473 - 204 - 815 - 454 - 377

1: 928 - Bilateral Heel Raises in Standing



- Stand with good posture
- Slowly raise heels off ground

Sets: 2 Reps: 20 Sessions: 2 everyday Hold Time: 5s

2: 473 - Unilateral Heel Raises in Standing



- Stand with body weight on one leg
- Slowly raise heel off ground

Sets: 2 Reps: 20 Sessions: 2 Everyday Hold Time: 5s

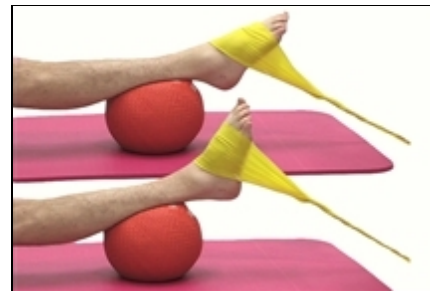
3: 204 - Single Leg Stance on Foam/ Pillow



- Stand on one leg and balance on foam or cushion

Sets: 2 Reps: 2 Sessions: 2 everyday Hold Time: 30s

4: 815 - Resisted Dorsiflexion



- Place band around foot Pull toes and foot back

Sets: 2 Reps: 10 Sessions: 2 Everyday Resistance: as tolerated

5: 454 - Resisted Inversion



- Place band around foot Move toes and foot inward

Sets: 2 Reps: 10 Sessions: 2 everyday Resistance: as tolerated

6: 377 - Resisted Eversion



- Place band around foot Move toes and foot outward

Sets: 2 Reps: 10 Sessions: 2 everyday Resistance: as tolerated