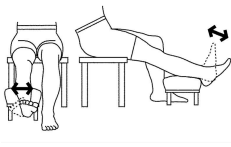


**Ankle 4 way**

- Sit with leg supported as shown.
- Move foot inward, then outward.
- Move foot toward shin, then downward.
- Repeat.

**Perform 2 sets of 10 Repetitions, once a day.**

Rest 1 Minute between sets.

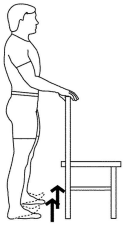
Perform 2 repetitions every 4 Seconds.

**Ankle alphabet**

- Slowly move foot, spelling the alphabet.
- Do not let hip or knee move.

**Perform 2 sets of 1 Repetition, once a day.**

Rest 1 Minute between sets.

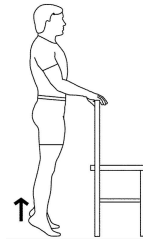
**Toe raise**

- Stand with both feet shoulder distance apart.
- Raise up on heels.
- Lower and repeat.

**Perform 3 sets of 10 Repetitions, once a day.**

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

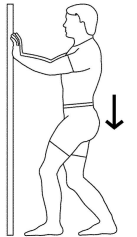
**Double heel raise**

- Stand, using chair for balance.
- Raise up on toes, through full range.
- Return to start position and repeat.

**Perform 3 sets of 10 Repetitions, once a day.**

Rest 1 Minute between sets.

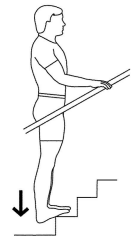
Perform 1 repetition every 4 Seconds.

**Soleus stretch**

- Stand, one leg in front of the other.
- Face wall, hands on wall for support.
- Slowly bend knees, keeping heels on floor, as shown, until stretch is felt.
- Repeat with other leg in front.

**Perform 1 set of 2 Repetitions, once a day.**

Hold exercise for 30 Seconds.

**Double Gastroc step stretch**

- Stand with balls of feet on a step, using banister to steady yourself.
- Keeping knees slightly bent, gently lower heels.

**Special Instructions:**

Progress to performing with straight knees.

**Perform 1 set of 2 Repetitions, once a day.**

Hold exercise for 30 Seconds.

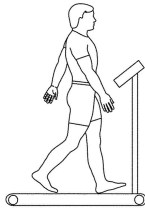
Exercises are typically listed in order from least difficult to most difficult. Start with the first 2-4 exercises. If they are not challenging, skip further down the document and perform more challenging exercises. Exercises and stretches can be uncomfortable, but should not be painful. Spend no more than 10 minutes a day on these exercises, but try to do them daily.

**Issued By:** Dr. Merritt

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**Dr. Levi G. Merritt**

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**Treadmill walking**

- Stand on treadmill with feet off to the sides of belt.
- Turn treadmill on to a slow speed.
- Cautiously step onto belt and begin walking.
- Gradually increase the speed to a comfortable pace.

**Perform 1 set of 30 Minutes, once every other day.**

**Rocker board sagittal two leg balance**

- Stand on rocker board with both feet in line with rocker bottom.
- Keep board parallel to ground.
- Keep knees and back straight.
- Do not lock knees.
- Maintain balance.

**Special Instructions:**

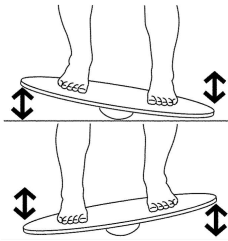
Use support as needed. Progress exercise by performing with eyes closed.

**Perform 3 sets of 1 Minute, once a day.**

Use Wobble Board.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**Ankle wobble board side to side**

- Stand with both feet on wobble board.
- Move side to side as shown.

**Special Instructions:**

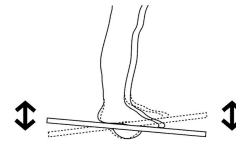
Use controlled movement and try not touch the sides of the board on the floor.

**Perform 3 sets of 1 Minute, once a day.**

Use Wobble Board.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**Ankle wobble board up down**

- Stand with both feet on wobble board.
- Move front edge toward floor.
- Move back edge toward floor.
- Repeat.

**Special Instructions:**

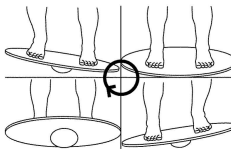
Try to keep the wobble board from touching the floor.

**Perform 3 sets of 1 Minute, once a day.**

Use Wobble Board.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**Ankle wobble board circles**

- Stand with both feet far apart on wobble board.
- Move front edge to floor and continue in a circular motion as shown.
- Repeat the circular motion.

**Special Instructions:**

Use controlled movement and try not touch the sides of the board on the floor.

**Perform 3 sets of 1 Minute, once a day.**

Use Wobble Board.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

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