

MoveMôr LOWER BODY TRAINER

Seated Strengthening for Greater Mobility

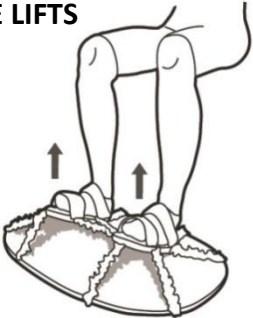
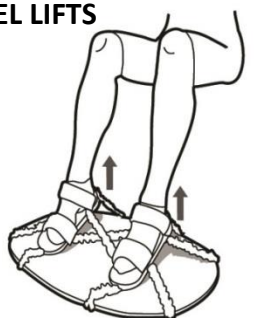
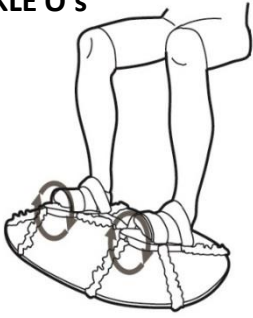

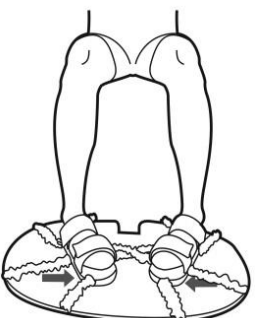
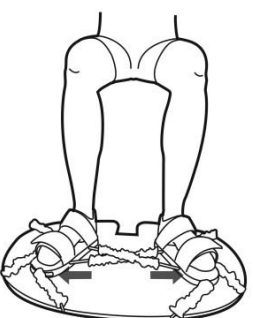
ANKLES – I

Prepared For _____ Date _____

- **Resistance Level:** Yellow Orange Green Blue Black Silver
- **Tube Tension:** Toe: 1 2 3 Heel: 1 2 3 Center: 1 2 Side -Top: 1 2 Side - Bottom: 1 2

INSTRUCTIONS: Sit tall in a firm chair with hips above or aligned with knees. Move slowly with control in a pain-free range of motion. Do warm-up activity for 5 minutes followed by prescribed strengthening exercises. When completed, stretch muscles to enhance flexibility. Breathe deeply throughout exercise activity.

For each prescribed exercise: Repeat _____ times. Perform _____ sets/session. Do _____ sessions/day.

<input type="checkbox"/> TOE LIFTS  Lift and lower toes, keep heels on board. Hold _____ seconds <i>Strengthens:</i> <ul style="list-style-type: none"> • Dorsiflexors 	<input type="checkbox"/> HEEL LIFTS  Lift and lower heels, Keep toes on board. Hold _____ seconds <i>Strengthens:</i> <ul style="list-style-type: none"> • Plantar flexors
<input type="checkbox"/> ANKLE O's  Lift toes, make circles. Repeat in the opposite direction. Ankle Range of Motion <i>Strengthens:</i> <ul style="list-style-type: none"> • Dorsi/plantar flexors • Invertors/evertors 	<input type="checkbox"/> TOE & HEEL TAPS  Lift toe of one foot, heel of the other, alternate. Hold _____ seconds <i>Strengthens:</i> <ul style="list-style-type: none"> • Dorsi/plantar flexors
<input type="checkbox"/> INVERSION  Rotate toes inward, back to center. Hold _____ seconds <i>Strengthens:</i> <ul style="list-style-type: none"> • Invertors 	<input type="checkbox"/> EVERSION  Rotate toes outward, back to center. Hold _____ seconds <i>Strengthens:</i> <ul style="list-style-type: none"> • Evertors