

MoveMôr LOWER BODY TRAINER

Seated Strengthening for Greater Mobility

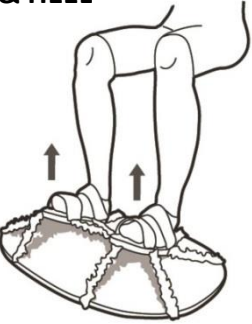
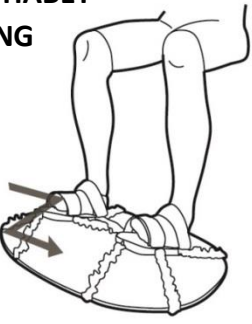

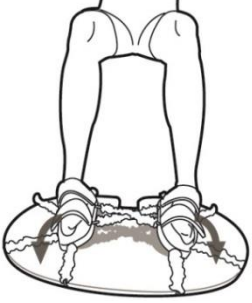


ANKLES – II

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 & HEEL LIFTS  <p>Lift and lower toes, lift and lower heels.</p> <p>Hold _____ seconds</p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • Dorsi/plantar flexors 	<input type="checkbox"/> ALPHABET WRITING  <p>Lift toes, write the alphabet, lead with big toe.</p> <p>Ankle range of motion</p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • Dorsi/plantar flexors • Invertors/evertors
<input type="checkbox"/> PRONATION ROLL  <p>Roll ankles in, arches move downward.</p> <p>Hold _____ seconds</p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • Invertors 	<input type="checkbox"/> SUPINATION ROLL  <p>Roll ankles out, arches lift upward.</p> <p>Hold _____ seconds</p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • Evertors
<input type="checkbox"/> ANKLE ROLLS  <p>Roll ankles in and out.</p> <p>Hold _____ seconds</p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • Invertors • Evertors 	<input type="checkbox"/> WINDSHIELD WIPERS  <p>Rotate toes left and right.</p> <p>Hold _____ seconds</p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • Invertors • Evertors