



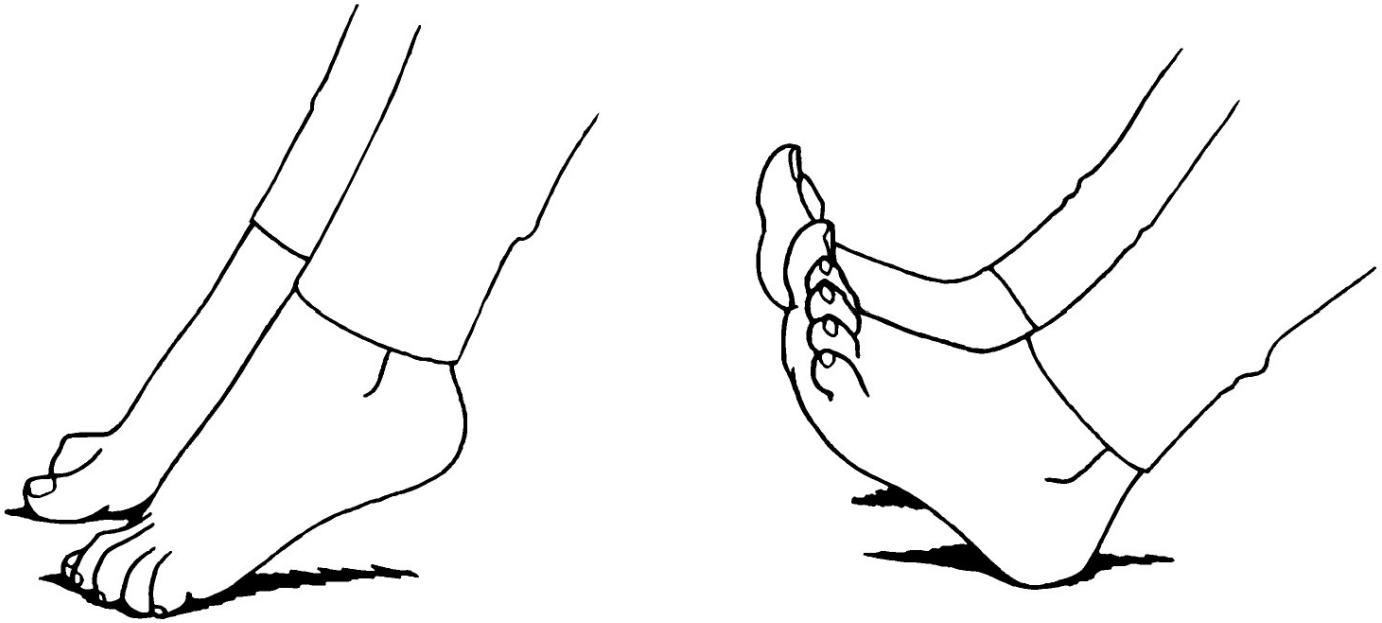
Avnew MSK

'Relief Today, Without Delay'<sup>®</sup>

MSK Care Delivery Savings Strategy

Commandeering Musculoskeletal Care

## ANKLE/FOOT - 4 Ankle Bend (Dorsi- and Plantar-Flexion)



Sitting or lying down, point toes up, keeping both heels on floor. Then press toes to floor, raising heels for set.

Repeat set 10x4 times. Do 2 or 3 sessions per day.

**NOTE: Any therapeutic attempt that creates major discomfort should be halted immediately, then attempt others, should they all not provide relief contact your primary care provider or Avnew MSK staff and arrange a personal consultation with your MSKProstaff for additional options - including a referral to a physical therapist within you plan network and physical local.**



## ANKLE/FOOT - 5 Ankle Sideward Movement (Inversion & Eversion)

Sitting or lying with feet on floor, keep knee still and rock foot onto outer edge. Return to resting position. Now rock foot onto inner edge. Repeat with other foot, then with both feet for set.



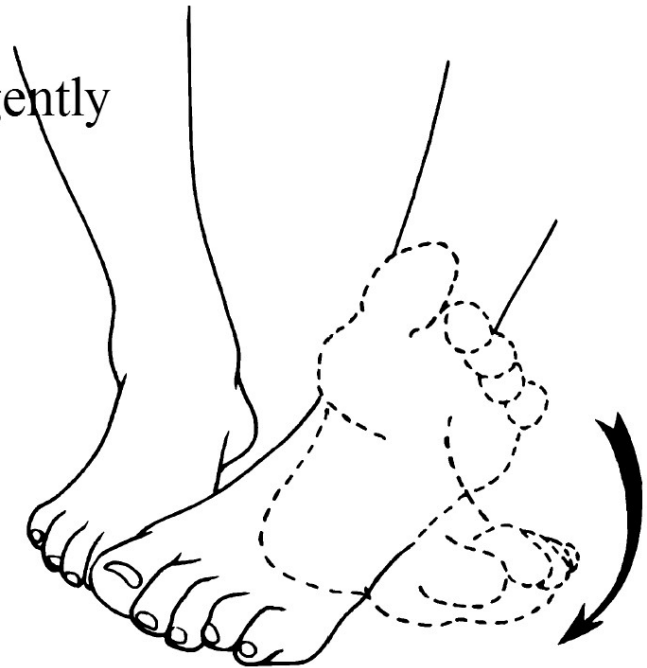
Repeat set **10x4** times.  
Do **2 or 3** sessions per day.

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## ANKLE/FOOT - 6 Ankle Curl (Circumduction)

Sitting with both feet on floor, gently raise one foot slightly. Circle foot clockwise 12 times. Circle foot counterclockwise 12 times. Repeat entire exercise with other foot for set.

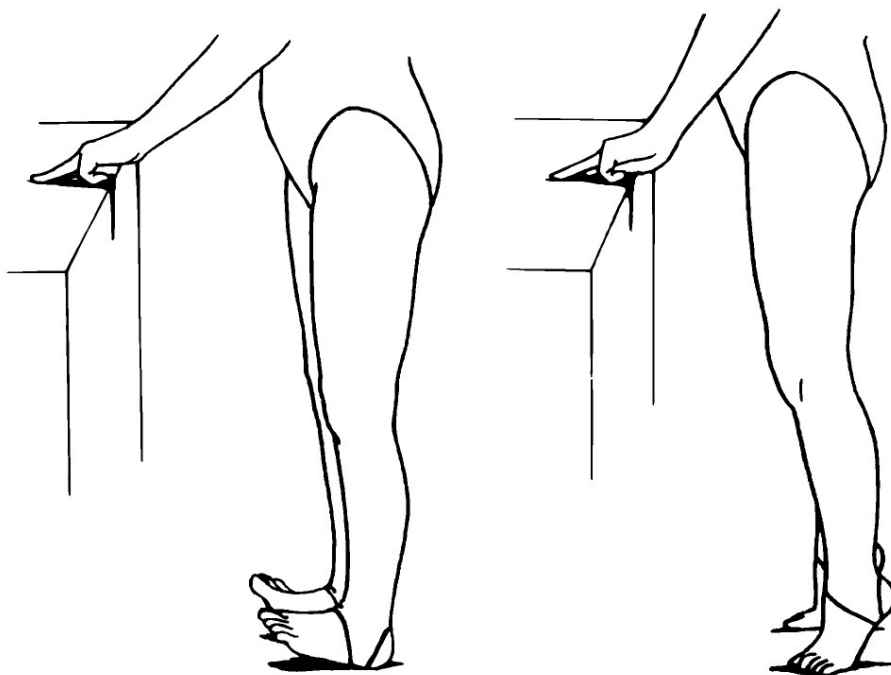


Repeat set 2 times.  
Do 2 or 3 sessions per day.

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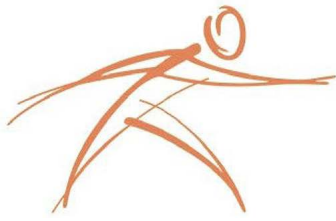
## ANKLE/FOOT - 7 Toe-Up (Ankle Plantar and Dorsi-Flexion)



Holding a stable object, rise up on toes. Hold 10 seconds. Then rock back on heels and hold 10 seconds to complete set.

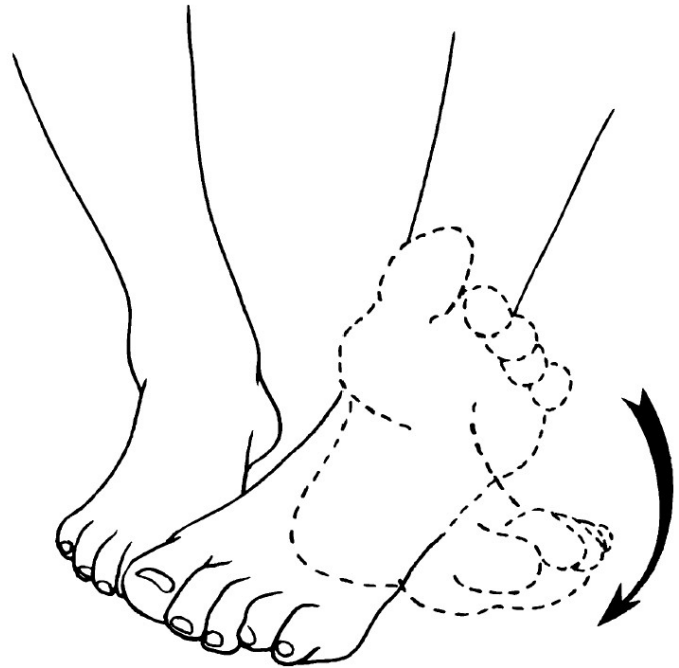
Repeat set 5x2 times. Do 2 or 3 sessions per day.

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## CIRCULATION - 5 Ankle Warmer: Circle Feet

Sitting with feet in socks or bare, circle one foot clockwise then counterclockwise. Circle 5 times each direction. Repeat with other foot to complete set.



Repeat set 3x3 times.  
Do 2 or 3 sessions per day.

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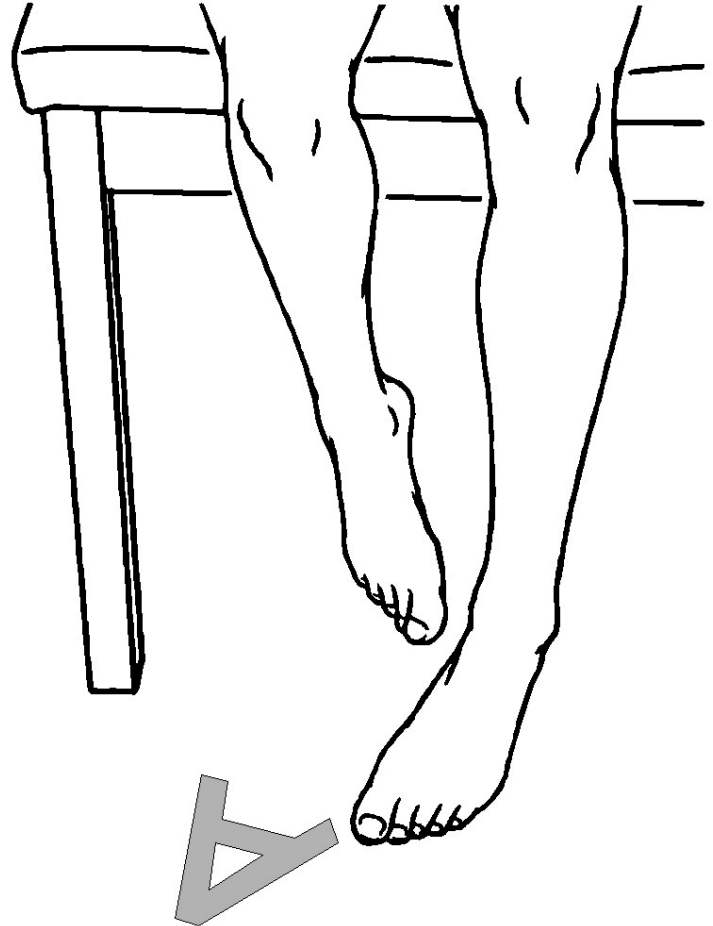


## ANKLE / FOOT - 9 Ankle Alphabet

Using left ankle and foot only, trace the letters of the alphabet. Perform A to Z.

**Repeat Right ankle and foot**

Repeat 1 times per set.  
Do 1 sets per session.  
Do **2 or 3** sessions per day.



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