

Patient: Date:

Provider: Next Appt:

Special Instructions:

TIP OF THE DAY.

Did you know? Ginger, sheng jiang to the Chinese is a powerful detoxifier, helps with digestion, a potent cancer fighter, prevent blood clots and can inhibit the onset of migraine headaches.
(Consuming ginger tea daily can keep vitality going and prevent nausea)

ANKLE AND FOOT EXERCISES

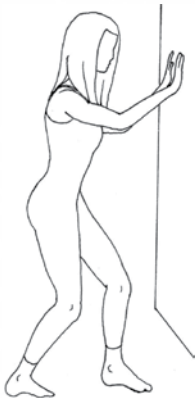
The following exercises are intended to stretch and strengthen the feet and ankles. Prior to starting the exercise, read all the directions. While exercising, breathe as you would normally and utilize fluid motions. If you experience pain, stop the exercise. If pain continues, let your healthcare provider know.

BENT-KNEE CALF STRETCH

1. Stand arm's length away from wall. Put palms of hands on wall. Step forward approximately 12 inches with your _____ foot.
2. With toes pointed forward and both heels on floor, bend both knees and lean forward. Hold for _____ seconds. Then relax.
3. Do _____ repetitions _____ sets a day.

CAUTION

- Don't arch your back.
- Don't hunch your shoulders.



STRAIGHT-KNEE CALF STRETCH

1. Stand arm's length away from wall. Place palms of hands onto wall. Step forward approximately 12 inches with your _____ foot.
2. Lean toward wall, keeping toes pointed forward and both heels on the floor. Bend the forward leg, keeping the back leg straight. Hold for _____ seconds. Then relax.
3. Do _____ repetitions _____ sets a day.

CAUTION

- Don't arch the back.
- Don't hunch the shoulders.

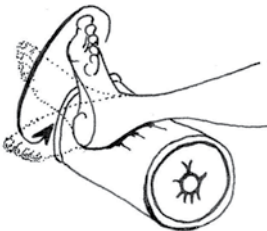


ANKLE CIRCLES

1. Sit on the floor with legs straight.
2. Rest your _____ calf on a rolled-up towel, using the foot to draw circles in both directions or write the letters of the alphabet in the air.
3. Continue for _____ seconds _____ times a day.

CAUTION

- If your ankle is swollen, make sure it is elevated above your hip.



BALANCING EXERCISE

1. Stand up straight. With your eyes open and arms out to the side, lift your _____ foot as you're balancing on the other leg. Hold for _____ seconds. Return to starting position.
2. Do first step again with eyes closed. Hold for _____ seconds. Go back to the beginning position.
3. Do _____ repetitions _____ sets a day.

CAUTION

- In case you lose your balance, it's a good idea to stand next to something sturdy, such as a wall or table.
- This exercise should be done barefoot.



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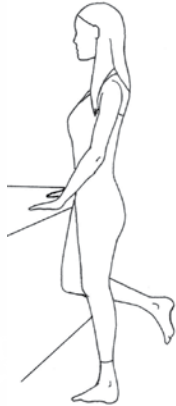
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TIP OF THE DAY.

Did you know? Royal Jelly fights tumors, enhances energy, virility and immunity.
(Rich in vitamins and collagen, and fit to feed the queen bees, imagine what it could do for you)

ANKLE AND FOOT EXERCISES



STANDING CALF RAISE

1. Stand up while using a sturdy table for balance only. Raise the _____ foot so that you're standing on the other foot.
2. Rise up on your toes, then lower yourself back onto your heel.
3. Do _____ repetitions _____ sets a day.

CAUTION

- Be sure to keep back straight.
- Don't lean on the table.

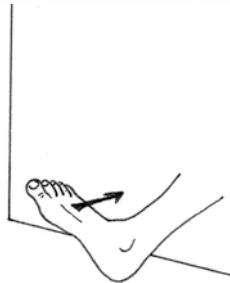


REVERSE CALF RAISE

1. Take off shoes and socks and sit down with your _____ heel on the edge of a block of wood.
2. While keeping your heel on the wood, lift the front of foot as far as possible, then lower it back down.
3. Do _____ repetitions _____ sets a day.

CAUTION

- A book or block that is thicker than 3 inches should be used for this exercise.



ISOMETRIC ANKLE EXERCISE

1. Start by sitting down in a chair next to something sturdy to help maintain balance.
2. With heel on floor, push the outside of foot against the hard surface. Hold for _____ seconds. Repeat _____ times.
3. With heel on floor, push the inside of foot against the hard surface. Hold for _____ seconds. Repeat _____ times.
4. Do _____ sets a day.

CAUTION

- Don't push with the rest of the leg, only with your foot.

