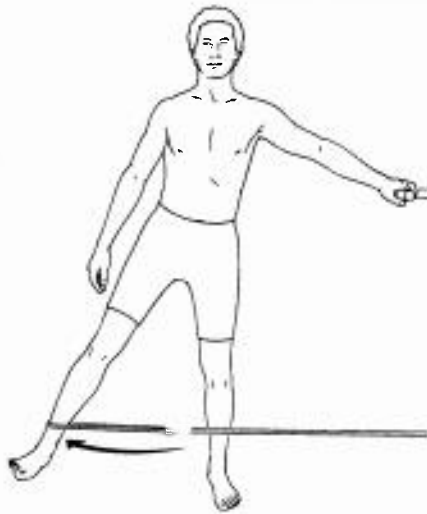




### Lower Extremity Theraband Exercises

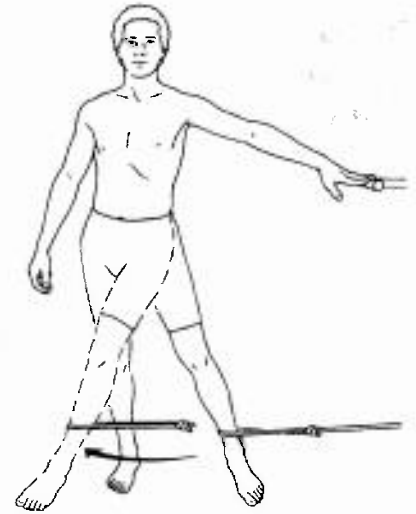
With tubing around right/left leg, other side toward anchor, extend leg out from side.

Repeat \_\_\_\_\_ times per set.  
Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.



With tubing around right/left leg, bring leg across body.

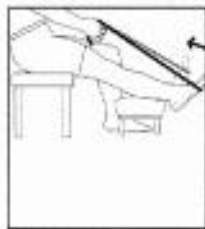
Repeat \_\_\_\_\_ times per set.  
Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.



#### RESISTED PLANTAR FLEXION:

- Sit with your leg outstretched and loop the middle section of the tubing around the ball of your foot.
- Hold the end of the tubing in both hands.
- Gently press the ball of your foot down and point your toes, stretching the tubing.
- Return to starting position.

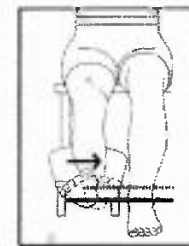
PERFORM \_\_\_\_\_ SETS OF \_\_\_\_\_ REPS.  
DO THESE \_\_\_\_\_ TIME(S) PER \_\_\_\_\_.



#### RESISTED INVERSION

- Wrap the tubing around the ball of your injured foot so that the tubing is anchored there at one end.
- Hold the other end of the tubing in your hand.
- Turn your injured foot inward and upward.
- Return to starting position.

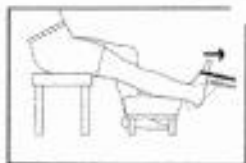
PERFORM \_\_\_\_\_ SETS OF \_\_\_\_\_ REPS.  
DO THESE \_\_\_\_\_ TIME(S) PER \_\_\_\_\_.



#### RESISTED DORSIFLEXION

- Sit with your injured leg out straight and your foot facing a doorway.
- Tie a loop in one end of the tubing.
- Put your foot through the loop so that the tubing goes around the arch of your foot.
- Tie a knot in the other end of the tubing and shut the knot in the door.
- Move backward until there is tension in the tubing.
- Keeping your knee straight, pull your foot toward your body, stretching the tubing.
- Slowly return to the starting position.

PERFORM \_\_\_\_\_ SETS OF \_\_\_\_\_ REPS.  
DO THESE \_\_\_\_\_ TIME(S) PER \_\_\_\_\_.



#### RESISTED EVERSION

- Tie a loop in one end of the tubing.
- Put your injured foot through the loop so that the tubing goes around the arch of your foot and wraps around the outside of the injured foot.
- Hold onto the other end of the tubing with your hand to provide tension or secure with your foot.
- Turn your injured foot up and out.
- Return to starting position.

PERFORM \_\_\_\_\_ SETS OF \_\_\_\_\_ REPS.  
DO THESE \_\_\_\_\_ TIME(S) PER \_\_\_\_\_.

