

Ankle and Foot Injury or Post-Surgery Rehabilitation



If necessary, start with therapist assisted passive movements.



Proceed to non-weight bearing active ranges of motion.
Side to Side.



Stand weight bearing.
Eyes open and closed.



Try back and forth in line with rockers, then try right and left oblique angles.



Try single leg stance,
eyes open and closed.



Start weight bearing rocker board stance with assistance.
Proceed to unassisted



Try heel lifts.



Rocker board activity.