

# Physical Therapy TOOLKIT

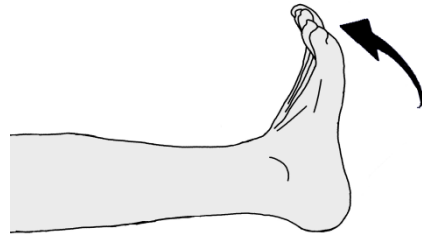
## Ankle and Foot Active Range of Motion

Do the checked exercises \_\_\_\_\_ times per day, \_\_\_\_\_ days a week.

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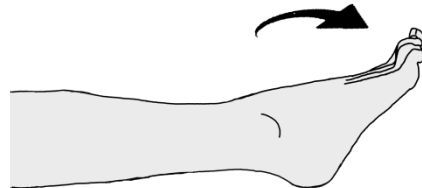
- Pull Foot Back**  
Sit in a chair. Pull your foot toward your knee.

Do \_\_\_\_\_ sets of \_\_\_\_\_.  
Repeat with your other foot.



- Point Foot**  
Sit in a chair. Point your toes.

Do \_\_\_\_\_ sets of \_\_\_\_\_.  
Repeat with your other foot.



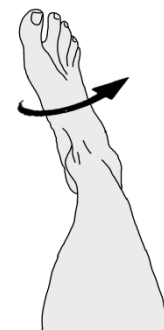
- Turn Foot In**  
Sit in a chair. Point your toes up. Turn your foot inward.

Do \_\_\_\_\_ sets of \_\_\_\_\_.  
Repeat with your other foot.



- Turn Foot Out**  
Sit in a chair. Point your toes up. Turn your foot outward.

Do \_\_\_\_\_ sets of \_\_\_\_\_.  
Repeat with your other foot.



# Physical Therapy TOOLKIT

## Ankle and Foot Active Range of Motion

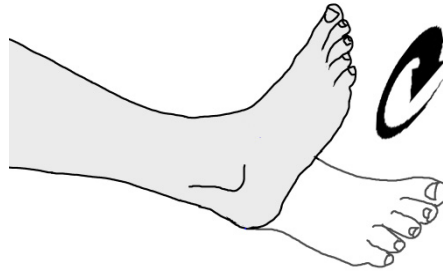
Do the checked exercises \_\_\_\_\_ times per day, \_\_\_\_\_ days a week.

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**Ankle Circles**

Sit in a chair. Make circles with your foot. Move one way and then the other.

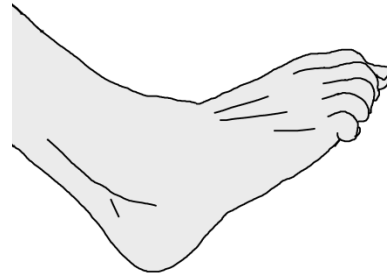
Do \_\_\_\_\_ sets of \_\_\_\_\_.  
Repeat with your other foot.



**Toe Curls**

Sit in a chair. Keep your ankle in neutral. Curl your toes down.

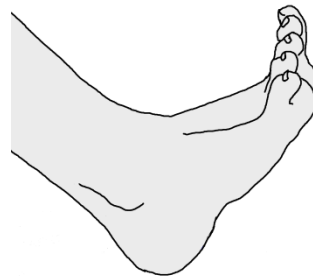
Do \_\_\_\_\_ sets of \_\_\_\_\_.  
Repeat with your other foot.



**Pull Toes Back**

Sit in a chair. Keep your ankle in neutral. Pull your toes back.

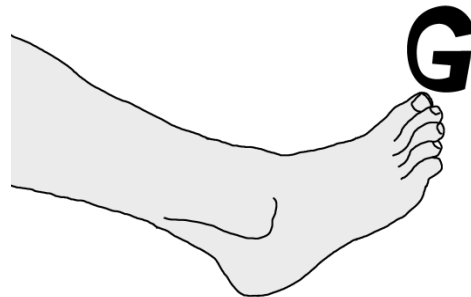
Do \_\_\_\_\_ sets of \_\_\_\_\_.  
Repeat with your other foot.



**ABC's**

Sit in a chair. Point your toes. Trace the letters of the ABC's in the air.

Do \_\_\_\_\_ sets of \_\_\_\_\_.  
Repeat with your other foot.



# Physical Therapy TOOLKIT

## Edema (Swelling) Control of the Leg(s)

- Keep your leg(s) up, as much as you can. Support your leg(s) with a pillow under your calf.



- Apply a cold pack to your hip-knee-ankle-foot (circle). It should not be colder than 59°F (15°C).

Apply cold pack for \_\_\_\_\_ minutes, \_\_\_\_\_ times a day.

- Lightly massage your foot and leg with lotion. Start at your foot and move up toward your hip.

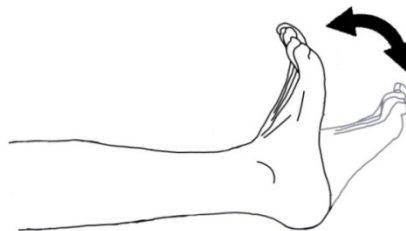
Massage for \_\_\_\_\_ minutes, \_\_\_\_\_ times a day.

- Wear a compression stocking.

Wear the stocking \_\_\_\_\_.

- Apply elastic therapeutic tape to \_\_\_\_\_.

- Pump your ankles \_\_\_\_\_ times a day.



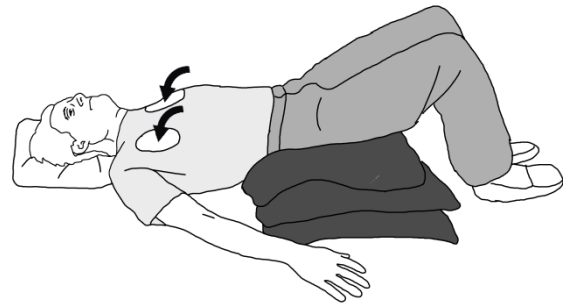
# Physical Therapy TOOLKIT

## Postural Drainage Positions

Use postures alone or with chest percussion.  
Do not do postural drainage soon after a meal.

Lie on your back with your knees bent, Put 2-3 pillows under your hips. Your chest should be lower than your hips. Breathe using deep (diaphragmatic) breathing.

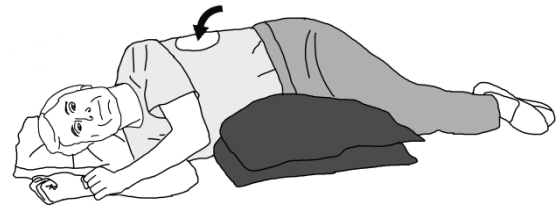
Stay in this posture for \_\_\_\_\_ minutes.



Lie on your side. Put 2-3 pillows under your hips. Your chest should be lower than your hips. Use a small pillow under your head. Breathe using deep (diaphragmatic) breathing.

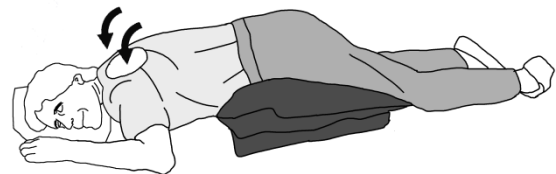
Stay in this posture for \_\_\_\_\_ minutes.

Switch to your other side.



Lie on your stomach. Place 2-3 pillows under your hips. Your chest should be lower than your hips. Use a small pillow under your head. Breathe using deep (diaphragmatic) breathing.

Stay in this posture for \_\_\_\_\_ minutes.



# Physical Therapy TOOLKIT

## Up Steps With a Rail Using a Cane

Do not rush. Make sure you have your balance before using the stairs.



1. Hold on to the rail. Hold the cane in your other hand. This may be your weaker side or your stronger side.



2. Step up with your stronger leg to the first step.



3. Step up with the cane and your weaker leg to the same step. Balance yourself.



4. Repeat: stronger leg, weaker leg with cane, one step at a time.

Up with the “good” and down with the “bad”. This is an easy way to recall which leg to use first.