



MOTION GUIDANCE: ANKLE HOME EXERCISE

Client Name: _____ Date: _____

Place the small strap around the mid-foot, with the laser mounted on the top or side of the foot. Exercises can be performed seated a few feet from the flag. You can sit further from the flag, which requires less ankle motion to achieve the exercise, or closer to the flag which requires more ankle motion.

Exercise 1: "Around The Clock"

Instruction: Seated with your foot in the air a few inches off the ground, adjust the laser beam and foot position so your foot is in "neutral" and the beam is in center of the target. Using your ankle motion, go around the clock hitting all numbers, and then reverse. If you have a partner present, have them call out random numbers to test your reaction time. Each time you hit a number, return to center. A great app that can be downloaded to your phone and used with this drill is the "Clock Yourself" app! PRACTICE FOR 2 MIN

Exercise 2: "Locate the Target"

Instruction: Seated with your foot in the air a few inches off the ground, adjust the laser beam and foot position so your foot is in "neutral" and the beam is in center of the target. You will see 8 circles surrounding the outer parts of the flag. Go to each circle and return to center. Work on your ability to "land on target" without over-shooting or under-shooting the target. You can increase your speed as you are able, and remember to try to stop directly on the target! PRACTICE FOR 2 MIN

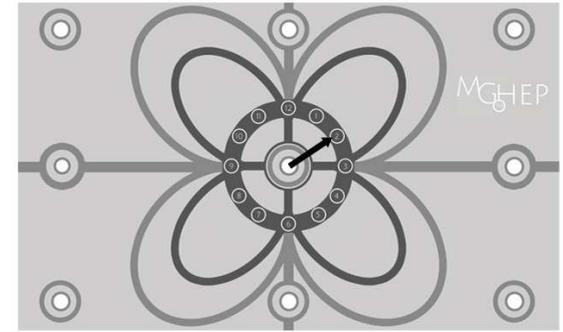
Exercise 3: "Butterfly"

Instruction: Seated with your foot in the air a few inches off the ground, adjust the laser beam and foot position so your foot is in "neutral" and the beam is in center of the target. Trace the small butterfly pattern using your ankle motion, clockwise and counter clockwise, then the large butterfly clockwise and counter clockwise. You can also practice "figure 8" motions by fluidly tracking the left upper and right lower quadrant, for example. Work on speed, while remaining accurate. PRACTICE FOR 2 MIN

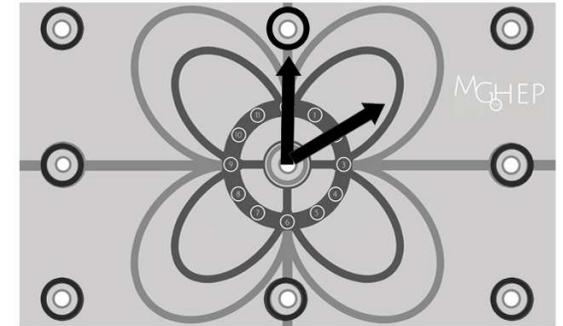
Exercise 4: "Test Your Positional Awareness"

Instruction: Seated with your foot in the air a few inches off the ground, adjust the laser beam and foot position so your foot is in "neutral" and the beam is in center of the target. Notice the 8 outer circles. The goal here is to practice locating the circles with your eyes closed, and opening your eyes to check your accuracy. This drill works on teaching you to use your kinesthetic awareness to determine where your ankle is in space. For example, lets start at the top circle. Start with the laser centered, and go to the top circle and back 5 times eyes open. Next, with the laser in center, close your eyes, and try to move your ankle to where you think the top circle is. Open your eyes and check how accurate you are. Repeat this 5 times, then move to the next circle. For each circle, perform 5 test runs with the eyes open, then move on to closing your eyes. PRACTICE ON EACH OF THE EIGHT CIRCLES.

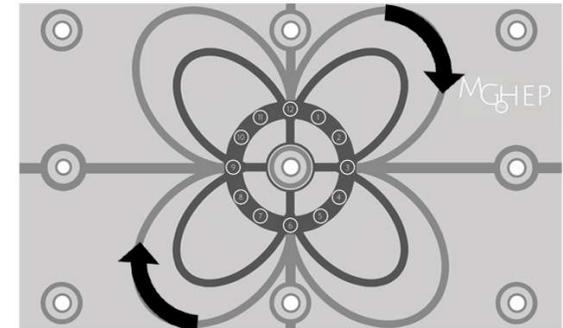
EXERCISE 1



EXERCISE 2



EXERCISE 3



EXERCISE 4

