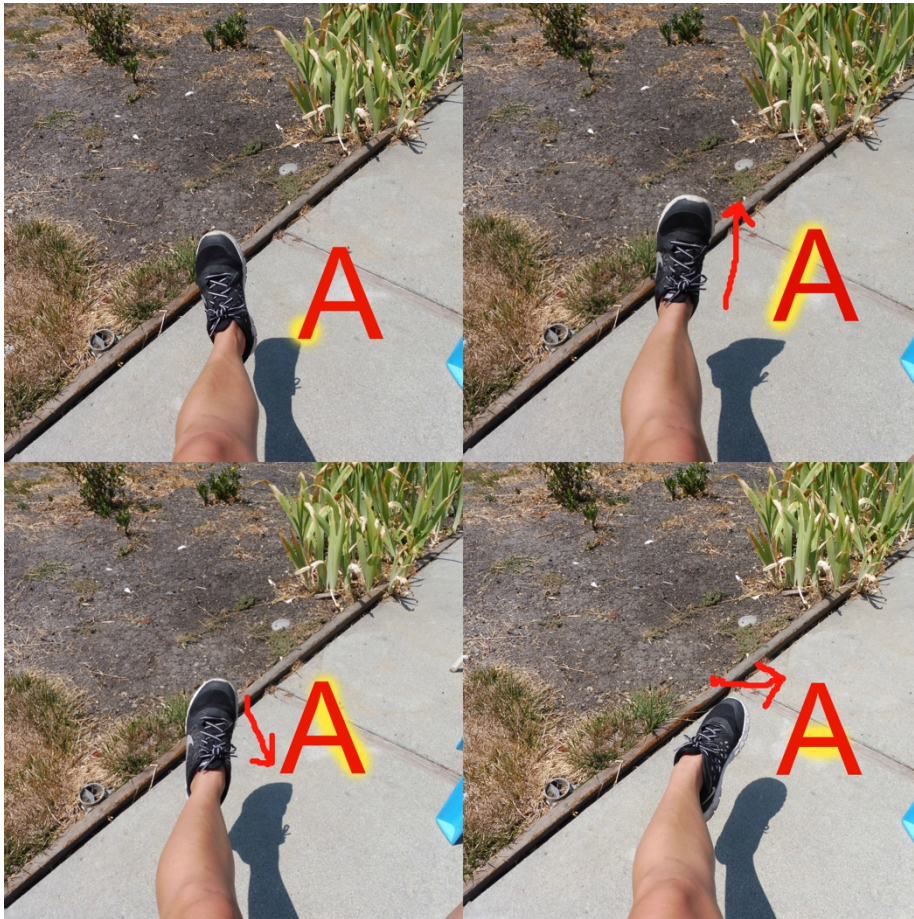


# EXERCISES

*Dr. Annette Hulse, D.O.*

## ANKLE ALPHABET

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### Part 1

- Trace the alphabet with foot A to Z (capital letters).
- When finished, switch feet.

### Make sure to...

Do the exercise from your ankle, not from the knee.