

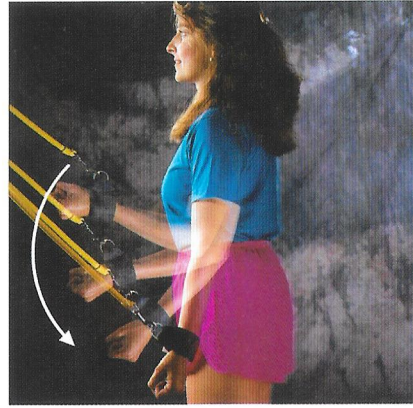
# Elbow Series

## Flexion



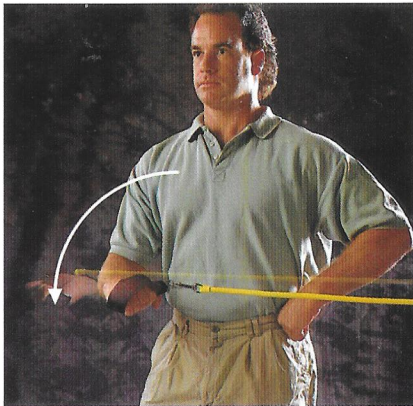
Place retainer at bottom of door. Move away until THERA-CISER is taut with arm at side and back to door. Hold upper arm against torso and raise arm, bending at elbow. Return and repeat.

## Extension



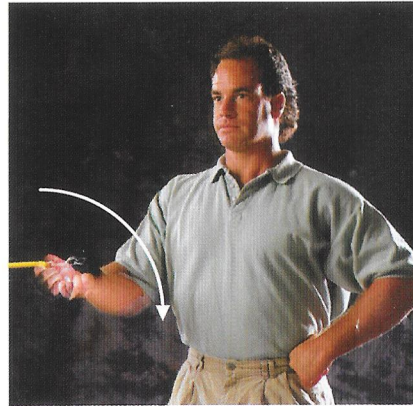
Place retainer at top of door. Move away until THERA-CISER is taut with upper arm against torso and forearm parallel to floor. Pull arm down to straight position. Return and repeat.

## Supination



Place retainer at waist level. Move away until THERA-CISER is taut with arm bent at elbow, fist down. Roll fist over until palm is up. Return and repeat.

## Pronation

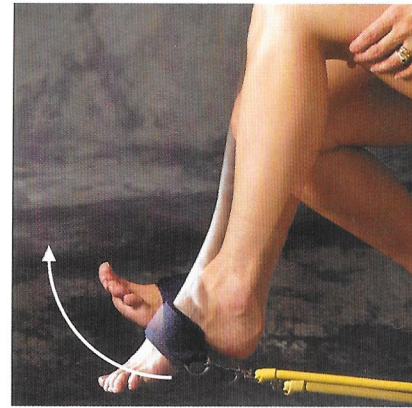


Place retainer at waist level. Move away until THERA-CISER is taut with arm bent at elbow, palm up. Roll fist over until palm is down. Return and repeat.

# Ankle Series

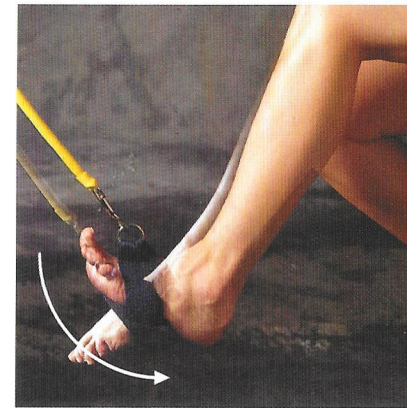


## Dorsiflexion



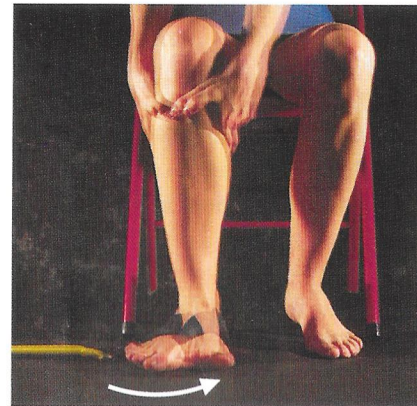
Use a chair for this seated exercise. Place retainer at bottom of door. Sit with back to door, toes down, THERA-CISER taut. Holding heel steady, pull toes up. Return and repeat.

## Plantar Flexion



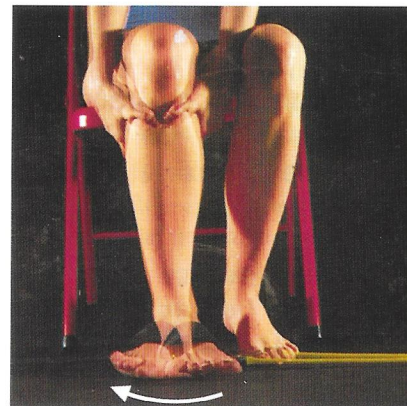
Use a chair for this seated exercise. Place retainer at top of door. Sit facing door with heel down, toes up, THERA-CISER taut. Holding heel steady, pull toes down. Return and repeat.

## Inversion



Use a chair for this seated exercise. Place retainer at bottom of door. Sit with side to door, heel on floor, toes out and THERA-CISER taut. Brace knee with hands below knee. Pull toes in. Return and repeat.

## Eversion



Use a chair for this seated exercise. Place retainer at bottom of door. Sit with side to door, heel on floor, toes straight ahead and THERA-CISER taut. Brace knee with hands below knee. Pull toes out to side. Return and repeat.