

## **Physical Therapy Prescription**

### **Diagnosis:**

Ankle Instability, Peroneal Tendonitis

### **Foot/Ankle Physical Therapy**

- ROM and stretching right and left foot and ankle.
- Instruct in home strengthening program to be performed daily using Therabands.
- Modalities PRN.
- Strengthening program for intrinsic and extrinsic muscles of the foot and ankle, with particular attention to peroneal strengthening using Therabands.
- B.A.P.S. board for strengthening and proprioception.
- Home exercise program.

**Frequency/Duration:** 2- 3 times per week for 6 weeks