# WAR EAGLE SPORTS MEDICINE

## REHAB PLAN

**Name: _____BASIC ANKLE_____**

| Date Assigned | Exercise | Rep x Set | WT |
|---|---|---|---|
| | Bike | 5min | |
| | ABC's (Uppercase and Lowercase) | 3x each | |
| | Ankle 4-way | 3x10 | Red Band |
| | Calf-Raises | 4x8 | |
| | Step-ups (Small Box) | 3x8 | |
| | Bike | 10min | |
| | Game Ready | 15min | |
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