

Treatment Technique	Visit 1-2	3	4	5-8
Calf stretch-knee bent/straight*	1 min each 10x			
Peroneal strengthening*	Red 3x15	Green 3x15	Blue 3x15	Black 3x15
Orthotics	x			
Grade 4+ talocrural AP joint mobilization	x	x	x	x
Grade 3 calcaneal lateral glide		x	x	
Unilateral heel raises*				2x20-30
Anterior reach*#				2x20

\*- home exercise program

x- utilized during treatment session

#- as described in Plisky et al<sup>4</sup>- Star Excursion Balance Test