

# Home Exercise Kit

## Foot and Ankle



### Kit includes:

- Marbles
- ProStretch®
- Exercise band kit
  - Three resistance levels
  - Handles and straps
- Jump rope
- Towel
- Travel bag
- User manual

## A comprehensive, therapeutic exercise kit specifically designed for foot and ankle rehabilitation

- Developed with leading clinicians
- Exercise manual with detailed instructions and illustrations for range of motion, stretching and strengthening exercises
- Compact and portable for home, office or travel
- Easy to use, convenient to store
- High-quality exercise components in a convenient travel bag
- Durable and lightweight



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