

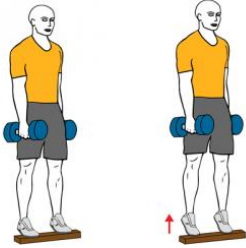
## PROTOCOLO DE FISIOTERAPIA TOBILLO (II)

PACIENTE:

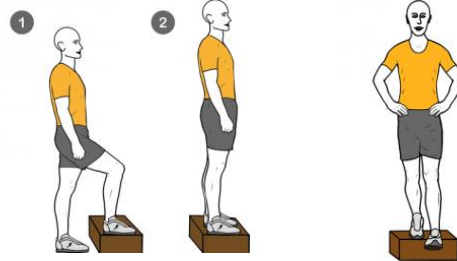
FECHA:

PATOLOGÍA Y OBSERVACIONES:

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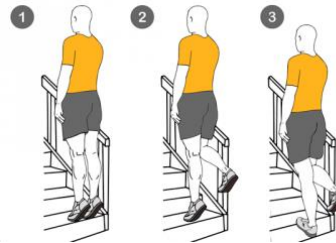
ELEVAR TALONES CON PESAS



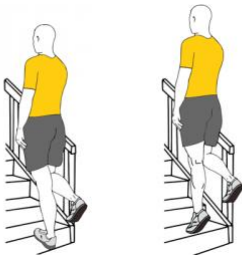
SUBIR Y BAJAR ESCALÓN



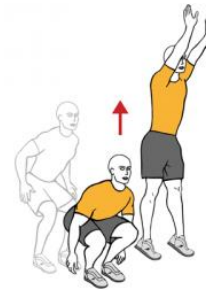
SUBIR Y BAJAR ESCALÓN LATERAL



CONCÉNTRICOS Y EXCÉNTRICOS DE GEMELOS



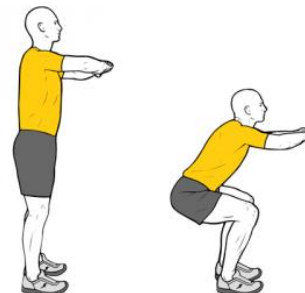
ELEVAR TALÓN A UN PIE



SALTO VERTICAL



SALTO A UN PIE



SENTADILLAS