

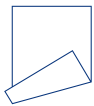
ANTI PES EQUINUS - FLAT SUPINE POSITION

INDICATION

- Pes equinus
- Endorotation and exorotation of the ankle
- Increased muscle tension
- Overstretching of the knee



Fold line



FIVE REBA RULES

- 1**
No force (do not forcefully push or pull on the patient).
- 2**
Always leave a hand's breadth of space.
- 3**
Fill all of the spaces where the patient's body does not make contact with the pillow.
- 4**
Smooth the area where the patient touches the pillow to relieve any air pressure.
- 5**
Provide opposite support to the patient in a lateral position.