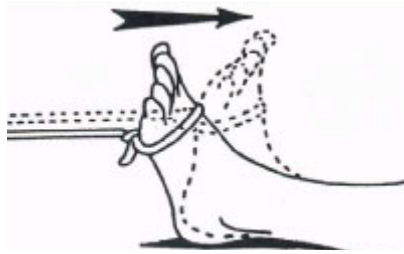


## Ankle Strengthen Exercise

### **Dorsiflexion: Resisted**



Facing anchor, resistance band around foot, pull toward face. Relax and repeat up to 10 times at least once a day

### **Heel Raise: Bilateral**



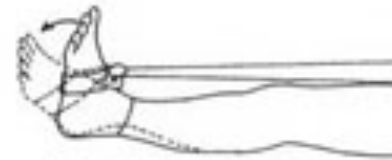
Rise on the ball of feet up to 10 times per set. 3 set per session. Relax and repeat up to 10 times at least once a day.

### **Inversion: Resisted**



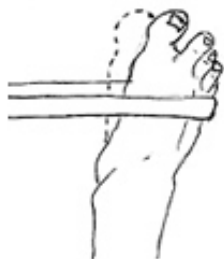
Cross legs, and place resistance band around foot. Hold band around other foot to resist and turn foot inward. Relax and repeat up to 10 times at least once a day

### **Plantar flexion: Resisted**



Anchor behind resistance band around the foot and press down. Relax and repeat up to 10 times at least once a day.

### **Eversion: Resisted**



With foot in resistance band hold band around other foot to resist and turn foot outward. Relax and repeat up to 10 times at least once a day.

### **One leg stands without support**



Stand on one leg without support and hold for about 10 seconds. Once you are comfortable with this you can then use a pillow then a balance/wobble board.

## Ankle Strengthen Exercise

### **Inversion: Isometric**



Press inner borders of feet into a ball or rolled pillow between feet and hold for 10 seconds. Relax and repeat up to 10 times at least once a day.

### **Eversion: Isometric**



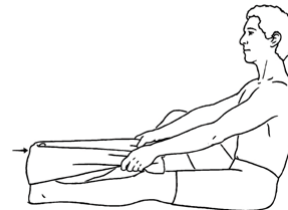
Press outer border of the foot into the ball or rolled up pillow against the wall and hold for 10 seconds. Relax and repeat up to 10 times at least once a day.

### **Plantar flexion: Isometric**



Press foot into ball or rolled up pillow against wall as if you are trying to point your toe. Do not bend your knee. Hold this for 10 seconds. Relax and repeat up to 10 times at least once a day.

### **Lower leg: Gastroc**



With a strap or towel around the ball of the foot, gently pull back until a stretch is felt. You can hold this for 10 seconds. Relax and repeat up to 2-3 times at least 1-2 times a day.

### **Dorsiflexion: Isometric**



With a ball or rolled up pillow between feet, squeeze feet together and hold for 10 seconds. Relax and repeat up to 10 times at least once a day.