

# ANKLE STRENGTHENING



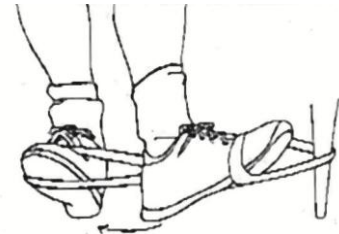
## INVERSION

Sit in a chair with your feet flat on the floor. Place one end of the band around the inside ball of your foot. Place the other end of the other band around a stable object. Lift foot up and inward against the band. Pause, relax slowly.



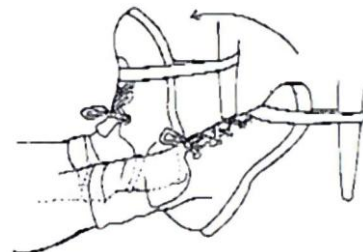
## EVERSION

Sit in a chair with your feet flat on the floor. Place one end of the band around the outside of your foot. Place the other end of the band around a stable object. Lift foot up and outward against the band. Pause, relax slowly.



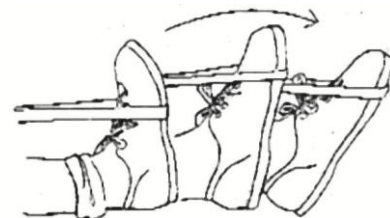
## DORSIFLEXION

Sit on the floor, facing a stable object, with your legs straight in front of you. Place one end of the band around the top of your foot, the other end secured to the stable object. Pull your foot up towards you, keeping your heel on the floor. Pause, relax slowly.



## PLANTARFLEXION

Sitting on the floor with legs straight in front of you, place the band around the ball of your foot. Hold the other end of the band in your hand. Point foot towards floor, pause, return slowly to neutral.



**PLEASE NOTE:** If symptoms persist, you should ask your doctor for a referral to a physical therapist.