

Ankle exercises



Place your ankle in the "down and in" position against a fixed object such as a couch.
Hold this position for a count of 10.
Repeat 10 times.



Place your ankle in the "up and out" position against the same object.
Hold this position for a count of 10.
Repeat 10 times.



Using a resistance band around your forefoot, hold the ends of the band with your hand and gently push your ankle down as far as you can and then back to the starting position.
Repeat 10 times.



Tie the resistance bands around a fixed object and wrap the ends around your forefoot.
Start with your foot pointing down and pull your ankle up as far as you can.
Return to the starting position and cycle your ankle 10 times.



Tie the bands around an object to the outer side of your ankle.
Start with the foot relaxed and then move your ankle down and in.
Return to the relaxed position and repeat 10 times.



Tie the ends of the bands around an object to the inside of your ankle and hold your foot relaxed.
Bring your foot up and out and then back to the resting position.
Repeat 10 times.