

Ankle exercises

(1) Ankle Alphabet: 26 reps, 1 set [\(Show Movie\)](#)



Sit on the floor with your leg extended.



Support lower leg with towel roll.



Draw each letter of the alphabet, "A", "B".

(13) Gastroc Stretch: 2 reps, 30 sec hold, 1 set [\(Show Movie\)](#)



Stand near a wall.



Step back with your involved leg.



Keep your involved leg straight as you stretch.

(14) Soleus Stretch: 2 reps, 30 sec hold, 1 set [\(Show Movie\)](#)



Stand near a wall.



Step back with your involved leg.





Bend both knees to begin the stretch.

(16) Resisted Dorsiflexion: 10 reps, 1 set [\(Show Movie\)](#)




Ankle exercises

		
Loop a band between a table and your foot.	Flex your foot back toward your body.	And return to neutral.

(19) Resisted Plantarflexion: 10 reps, 1 set [\(Show Movie\)](#)

		
Hold band in your hands and loop over your foot.	Flex your foot forward.	And return to neutral.

(18) Resisted Inversion: 10 reps, 1 set [\(Show Movie\)](#)

		
Loop band between a table and your foot.	Rotate your foot inward keeping your toes up.	And return to neutral.

(17) Resisted Eversion: 10 reps, 1 set [\(Show Movie\)](#)

Ankle exercises



Loop a band between a table and your foot.



Rotate your foot outward keeping your toes up.



And return to neutral.