



ANKLE ABC's

While in a seated position, write out the alphabet in the air with your big toe.

Your ankle should be moving as you perform this. Video # VVWT9C6SV

Repeat 3 Times
Complete 2 Sets

Hold 1 Second
Perform 1 Times a Day



ANKLE CIRCLES

Move your ankle in a circular pattern one direction for several repetitions and then reverse the direction. Video # VV8255M9P

Repeat 20 Times
Complete 2 Sets

Hold 1 Second
Perform 1 Times a Day



ELASTIC BAND PLANTARFLEXION - SEATED

While seated, use an elastic band attached to your foot and press your foot downward and forward.

Be sure to keep your heel in contact with the floor the entire time. Video # VVC8TFFE6

Repeat 20 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day



ELASTIC BAND EVERSION - SEATED

Using an elastic band attached to your foot, hook it under your opposite foot and up to your hand.

Next, draw the band outwards to the side.

Be sure to keep your heel in contact with the floor the entire time.
Video # VV3RMK2MU

Repeat 20 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day



ELASTIC BAND INVERSION - SEATED

While seated, cross your legs and using an elastic band attached to your foot, hook it under your opposite foot and up to your hand.

Next, draw your foot inward.

Be sure to keep your heel in contact with the floor the entire time.
Video # VVBSA2DYN

Repeat 20 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day



ELASTIC BAND DORSIFLEXION - SEATED

While seated, use an elastic band attached to your foot and draw your foot upward.

Be sure to keep your heel in contact with the floor the entire time.
Video # VVXYH25HE

Repeat 20 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day