



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. DO NOT move the knee or hip during this exercise. Video # VVWT9C6SV

Complete 3 Sets

Perform 1 Times



ANKLE CIRCLES

Move your ankle in a circular pattern clockwise for 30 repetitions and then reverse direction. Video # VV8255M9P

Complete 1 Set



Ankle DF/Eversion to PF/inversion and Ankle DF/inversion to PF/eversion

DF/Eversion to PF/Inversion:

Sit on a surface with your leg extended in front of you, with your foot hanging off the edge. Start by dorsiflexing and everting your ankle, bringing your toes up and away from your midline. Next, plantarflex and invert your ankle, bringing your toes down and angled towards your midline. Continue this motion back and forth for the prescribed amount of repetitions.

DF/Inversion to PF/Eversion:

Sit on a surface with your leg extended in front of you, with your foot hanging off the edge. Start by dorsiflexing and inverting your ankle, bringing your toes up and angled towards your midline. Next, plantarflex and evert your ankle, bringing your toes down and angled away from your midline. Continue this motion back and forth for the prescribed amount of repetitions.

Repeat 12 Times

Complete 3 Sets



HEEL RAISE - CALF RAISE - STANDING BALL SQUEEZE

Place a tennis ball or other small ball between your ankles/lower legs as shown. Hold it there using your legs and then raise up on your toes as you lift your heels off the ground. Lower back down and repeat. Video # VV7DA7XAC

Repeat 12 Times

Hold 1 Second

Complete 3 Sets



Toe Crunch / Towel Crunch

Sit with your foot resting on an un-folded hand towel (a smooth surface works best). Using only your toes, pull the towel toward you. Continue doing this until you cannot pull the towel any further, then re-set the towel and repeat. Video # VVMBRYMVW

Repeat 3 Times

Complete 1 Set



STANDING HEEL RAISES - CALF RAISES - BILATERAL

While standing, raise up on your toes as you lift your heels off the ground.

Repeat 12 Times

Hold 1 Second

Complete 3 Sets