

Heel Raise / Toe Raise

Sets: 3 | Reps: 10 | Frequency: daily

Preparation:

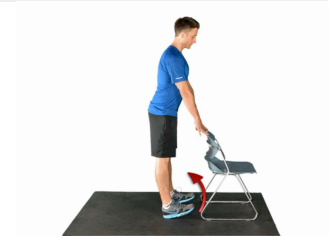
- Stand facing a chair

Execution:

- Lift your toes, rocking back onto your heels
- Lift your heels, rising up onto the toes



Start position



Rock onto heels



Rock onto tip-toes

Single Leg Stance (Floor)

Sets: 3 | Reps: 10 | Frequency: daily

Preparation:

- Stand tall
- Be close to support, both at your sides and behind in case you lose your balance

Execution:

- Balance on one leg



Balance on one leg

Standing Ankle Inversion

Sets: 3 | Reps: 10 | Frequency: daily

Preparation:

- Stand with your feet shoulder width apart and with your feet flat on the floor

Execution:

- Slowly lift the inside of your foot up off the floor, rolling your ankle outwards
- Stay within your painfree range



Feet shoulder width apart



Roll ankles outward

Standing Ankle Eversion

Sets: 3 | Reps: 10 | Frequency: daily

Preparation:

- Stand with your feet shoulder width apart and with your feet flat on the floor

Execution:

- Slowly lift the outside of your foot up off the floor, rolling your ankle inward
- Stay within your painfree range



Feet shoulder width apart



Roll ankles inward

Ankle Plantar Flexion (Band)

Sets: 3 | Reps: 10 | Frequency: 1 time/day

Preparation:

- Sit with your leg straight in front of you

Execution:

- Point your toes away from you



Loop tubing/band around foot



Point toes against resistance

Ankle Inversion (Band)

Sets: 3 | Reps: 10 | Frequency: 1 time/day

Preparation:

- Sit with your leg straight in front of you
- Place a towel roll underneath your calf to elevate your foot

Execution:

- Bend your ankle against the resistance, pointing your toes towards the middle.
- Relax your foot back to the start position in a controlled manner



Start position



Bend foot inward

Ankle Eversion (Band)

Sets: 3 | Reps: 10 | Frequency: 1 time/day

Preparation:

- Sit with your leg straight in front of you
- Place a towel roll underneath your calf to elevate your foot

Execution:

- Turn your foot outwards against the resistance, pointing your toes away from the middle.
- Relax your foot back to the start position in a controlled manner



Start Position



Turn foot outward

Ankle Dorsiflexion (Band)

Sets: 3 | Reps: 10 | Frequency: 1 time/day

Preparation:

- Sit with your leg straight in front of you

Execution:

- Pull your toes towards your nose, bending at the ankle



*Loop tubing / band over
the top of your foot*



Toes to nose

Ankle Dorsiflexion Stretch (Belt)

Reps: 3 | Hold: 30 seconds | Frequency: 3 times per day

Preparation:

- Sitting with your leg straight out in front of you
- Wrap a long strap around the ball of your foot holding both ends of the strap



Execution:

- Pull the strap towards yourself while keeping your knee straight

Pull towel, knee straight

Ankle Plantar / Dorsiflexion AROM

Reps: 10 | Frequency: 3 times per day

Preparation:

- Sit on a bed with your leg straight out in front

Execution:

- Point your toes, bending your ankle as far as you can
- Bring your toes towards your nose, bending your ankle as far as you can



Point Toes



Lift Toes

Ankle Eversion

Reps: 10 | Frequency: 3 times per day

Execution:

- Bend your ankles outward
- Relax your foot back to the start position in a controlled manner



Bend ankles outward

Ankle Inversion AROM

Reps: 10 | Frequency: 3 times per day

Execution:

- Bend your ankles inwards
- Relax your foot back to the start position in a controlled manner



Bend ankles inward