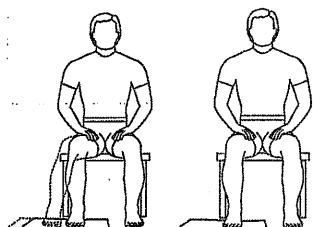
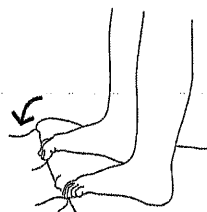


Ankle Strengthening Program



Windshield Wipers

- Keep heel on floor
- Move towel to the right and release by moving the foot only
- Move towel to the left and release by moving the foot only
- Repeat for 3 sets of 10 repetitions to each



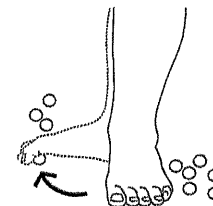
Towel Scrunches

- Sit in a chair with bare feet flat on a towel or pillow case
- Bend your toes to bunch up the towel under your foot
- Release and try and spread the towel/pillow case flat



Ankle Alphabet

- Spell each letter of the alphabet in the air with your ankle
- Do not let the rest of your leg move other than your ankle



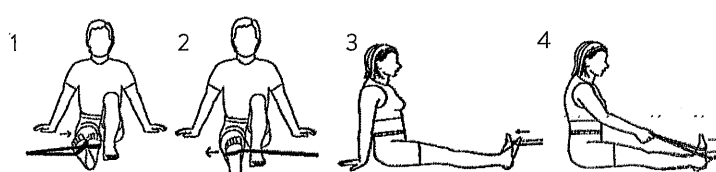
Marble Pick-ups

- Place 10 marbles or small objects on the floor to side of foot
- Pick up each marble with toes, one at a time
- Place on other side of foot or in a small cup



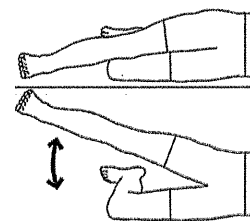
Single Leg Balance

- Stand on left leg and lift right leg
- Balance on left leg
- Place hands on table or countertop for safety if necessary
- Switch legs
- 5 sets of up to 30 seconds each if able to maintain without losing balance



Resisted Ankle 4-Way Strengthening

- Secure elastic band provided to a stationary object and around foot as shown in picture 1
- Pull elastic band to the inside by moving foot and slowly control your foot back out
- Then switch band as shown in picture 2
- Pull elastic band to the outside by moving foot and slowly control your foot back in
- Secure provided elastic band to a stationary object as shown in picture 3
- Pull foot and ankle back towards shin and slowly control your foot back down
- With elastic band provided position foot as shown in picture 4
- Hold ends of band with hands
- Press foot down into the band, and slowly control your foot back up
- Repeat 12-15 times for 3 sets on each foot



Side-lying Hip Abduction

- Lie on left side with left knee bent for stability
- Keep right knee straight and lift right leg upward
- Slowly lower back down
- Repeat 8-10 times for 3 sets
- Switch sides