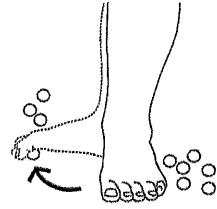
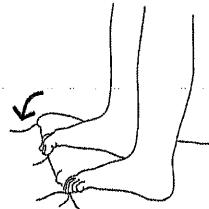
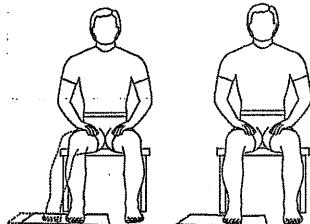
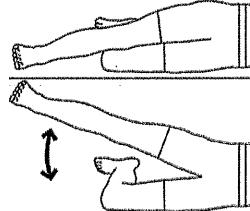
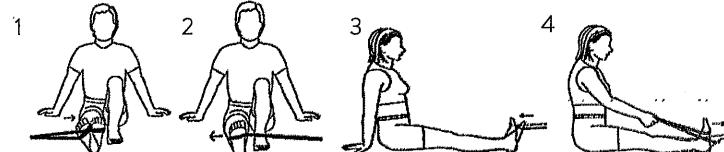


Ankle Strengthening Program



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



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