






Ankle Strength





EXERCISES	REPS AND SETS	SPECIAL NOTES
Dorsiflexion	8-15 reps 2-4 sets	Control the band as you complete the movement.
Plantar flexion		Control the band as you complete the movement.
Ankle Eversion		Make sure to make the movement from the ankle.
Ankle Inversion		Make sure to make the movement from the ankle.
Single Leg Stance	Hold for 30-60 sec. Repeat 3-6 times	Increase difficulty by adding an unstable surface.
Heel Raises	12-20 reps 2-4 sets	Control both up and down.
Toe Curl	10-20 reps 4-8 sets	To increase difficulty you may put a weight on the end of the towel.

REMINDERS

1.

ANKLE STRENGTH EXERCISE DESCRIPTIONS

Dorsiflexion	
	<ul style="list-style-type: none"> • Wrap a resistance band around your toes. Attach the other end to a post or have someone hold it. • Stretch the band by pulling your foot up. • Control the band on the way down slowly.
Plantarflexion	
	<ul style="list-style-type: none"> • Wrap a resistance band under the bottom of your foot, hold the other end. • Push down to stretch the band and control back up.
Ankle Eversion	
	<ul style="list-style-type: none"> • Wrap a resistance band around your foot and attach the other end. • Stretch the resistance band by turning your ankle out. • Make sure the motion is coming from your ankle and not the rest of your leg.

Ankle Inversion	
	<ul style="list-style-type: none"> • Wrap a resistance band around your foot and attach the other end. • Stretch the resistance band by pulling your foot in. • Make sure the motion is coming from your ankle and not the rest of your leg.
Single Leg Stance	
	<ul style="list-style-type: none"> • Stand on one leg trying to maintain your balance. • You may want to stand behind a chair or next to a table in case you lose balance.
Heel Raises	
	<ul style="list-style-type: none"> • Stand on a step or box with your heel hanging off. • Lower your heels down then raise up.
Toe Curl	
	<ul style="list-style-type: none"> • With your shoe off lay a towel on smooth surfaced floor. • Use your toes to crunch the towel in toward your foot.