# Ankle Strength

<table>
<thead>
<tr>
<th>EXERCISES</th>
<th>REPS AND SETS</th>
<th>SPECIAL NOTES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dorsiflexion</td>
<td>Control the band as you complete the movement.</td>
<td></td>
</tr>
<tr>
<td>Plantar flexion</td>
<td>Control the band as you complete the movement.</td>
<td></td>
</tr>
<tr>
<td>Ankle Eversion</td>
<td>Make sure to make the movement from the ankle.</td>
<td></td>
</tr>
<tr>
<td>Ankle Inversion</td>
<td>Make sure to make the movement from the ankle.</td>
<td></td>
</tr>
<tr>
<td>Single Leg Stance</td>
<td>Increase difficulty by adding an unstable surface.</td>
<td></td>
</tr>
<tr>
<td>Heel Raises</td>
<td>Control both up and down.</td>
<td></td>
</tr>
<tr>
<td>Toe Curl</td>
<td>To increase difficulty you may put a weight on the end of the towel.</td>
<td></td>
</tr>
</tbody>
</table>

## REMINDERS

1. 
## ANKLE STRENGTH EXERCISE DESCRIPTIONS

### Dorsiflexion
- 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
- 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
- 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
- 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
- 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
- Stand on a step or box with your heel hanging off.
- Lower your heels down the raise up.

## Toe Curl
- With your shoe off lay a towel on smooth surfaced floor.
- Use your toes to crunch the towel in toward your foot.