

# Ankle Strengthening Program



## ELASTIC BAND DORSIFLEXION

While seated, use an elastic band attached to your foot and draw your foot upward.

Be sure to keep your heel in contact with the floor the entire time.



## ELASTIC BAND PLANTARFLEXION

While seated, use an elastic band attached to your foot and press your foot downward and forward.

Be sure to keep your heel in contact with the floor the entire time.



## ELASTIC BAND INVERSION

While seated, use an elastic band attached to your foot and draw your foot inward.

Be sure to keep your heel in contact with the floor the entire time.



#### ELASTIC BAND EVERSION 2

While seated, use an elastic band attached to your foot and draw your foot outward to the side.

Be sure to keep your heel in contact with the floor the entire time.



#### STANDING HEEL RAISES

While standing, raise up on your toes as you lift your heels off the ground.



#### STANDING HEEL RAISES - SINGLE LEG

While standing on one leg, raise up on your toes as you lift your heel off the ground.



## ECCENTRIC HEEL RAISES

(1) While standing, raise up on your toes (2) as you lift your heels off the ground.

(3) Next, bend the non-target leg.

Then, (4) lower your heel back down.



## CALF STRETCH WITH TOWEL

While in a seated position, hook a towel under your foot and pull your ankle back until a stretch is felt on your calf area.

Keep your knee in a straightened position during the stretch.