



### ANKLE ABC's

While in a seated position, write out the alphabet in the air with your big toe.

Your ankle should be moving as you perform this.

Video # VVWT9C6SV

**Repeat** 5 Times  
**Hold** 1 Second  
**Complete** 2 Sets  
**Perform** 3 Times a Day



### ANKLE CIRCLES

Move your ankle in a circular pattern one direction for several repetitions and then reverse the direction.

Video # VV8255M9P

**Repeat** 15 Times  
**Hold** 1 Second  
**Complete** 2 Sets  
**Perform** 3 Times a Day



### PLANTARFLEXION - SUPINE

While lying down on your back, bend your ankle to point your foot forward as shown. Relax and repeat.

Video # VVBT94QBW

**Repeat** 15 Times  
**Hold** 1 Second  
**Complete** 2 Sets  
**Perform** 3 Times a Day





#### **CALF STRETCH WITH TOWEL - GASTROCNEMIUS**

While in a seated position, place a towel around the ball of 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.

Video # VVGU5LGMB

**Repeat** 1 Time  
**Hold** 10 Seconds  
**Complete** 1 Set  
**Perform** 3 Times a Day



#### **ELASTIC BAND PLANTARFLEXION - SEATED**

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.

Video # VVC8TFFE6

**Repeat** 15 Times  
**Hold** 1 Second  
**Complete** 2 Sets  
**Perform** 3 Times a Day



#### **ELASTIC BAND DORSIFLEXION - SEATED**

Using an elastic band attached to your target foot, hook it under your opposite foot and up to your hand.

Next, draw the band upwards with the target foot as shown.

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

Video # VVAPY6H7K

**Repeat** 15 Times  
**Hold** 1 Second  
**Complete** 2 Sets  
**Perform** 3 Times a Day



#### ELASTIC BAND EVERSION - SEATED

Using an elastic band attached to your foot, hook it under your opposite foot and up to your hand.

Next, draw the band outwards to the side.

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

Video # VV3RMK2MU

**Repeat** 15 Times  
**Hold** 1 Second  
**Complete** 2 Sets  
**Perform** 3 Times a Day



#### ELASTIC BAND INVERSION - SEATED

While seated, cross your legs and using an elastic band attached to your foot, hook it under your opposite foot and up to your hand.

Next, draw your foot inward.

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

Video # VVBSA2DYN

**Repeat** 15 Times  
**Hold** 1 Second  
**Complete** 2 Sets  
**Perform** 3 Times a Day