

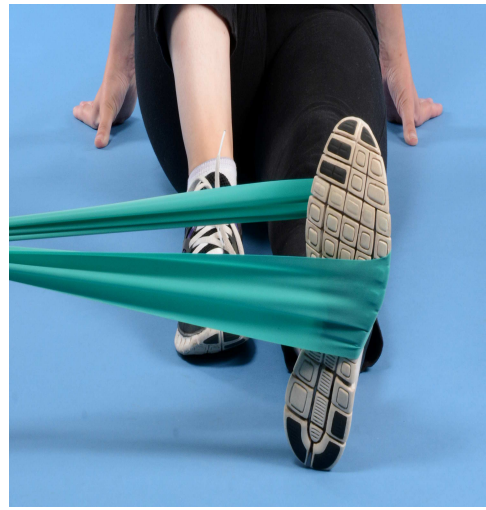
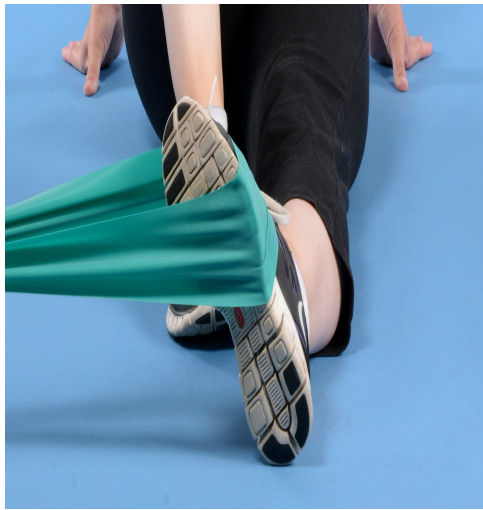
Ankle Strengthening Exercises.

Lateral Strength

1. Using a Theraband wrap it around the outside of your foot .
2. Tie the theraband to a stationary object with tension, so that your foot is pulled towards the midline of the body (this is your start position).
3. Keeping your heel against the ground, pull your foot outwards against the resistance of the band. Slowly return to your start position.

Repeat repetitions

Single / Each LegDaily



Medial strength.

1. This time wrap the theraband around the inside of your foot.
2. Pull to tension so that your foot is away from the midline of the body (this is your start position). Again tie to a stationary object.
3. Pull your foot towards the mid-line of the body, then slowly return to the start position.

Repeat repetitions

Single / Each LegDaily

