



## Ankle Strengthening Exercises



### Ankle Dorsiflexion

- Loop the band around the top of your foot and close the ends in a door.
- Bring your toes up towards your body, hold for 2-3 seconds then slowly return to resting position
- Repeat 10 times, 2 times per day.



### Ankle Plantar Flexion

- Loop the band around the ball of your foot and grasp the ends with your hands.
- Press your toes away from your body, hold for 2-3 seconds then slowly return to resting position
- Repeat 10 times, 2 times per day.



### Ankle Eversion

- Loop the band around the outside of your foot and close the ends in the door.
- Move your toes outward away from your other foot keeping your lower leg still, hold for 2-3 seconds then slowly return to resting position
- Repeat 10 times, 2 times per day.



### Ankle Inversion

- Loop the band around the outside of your foot and close the ends in the door.
- Move your toes inward towards your other foot keeping your lower leg still, hold for 2-3 seconds then slowly return to resting position
- Repeat 10 times, 2 times per day.