

STEP 1



STEP 2



Long Sitting Ankle Dorsiflexion with Anchored Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3

Setup

Begin sitting upright on the floor with your legs straight and a resistance band secured around one foot. You should be facing the anchor point.

Movement

Pull the top of your foot toward your body, creating further tension in the band.

Tip

Make sure to keep your toes relaxed and maintain good sitting posture.

STEP 1



STEP 2



Long Sitting Ankle Plantar Flexion with Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3

Setup

Begin sitting upright on the floor with your legs straight and a resistance band secured around one foot. The band should be looped around the bottom of your foot with the end held in your hand.

Movement

Bend your foot away from your body, creating further tension in the band.

Tip

Make sure to keep your toes relaxed and maintain good sitting posture.

STEP 1



STEP 2



Long Sitting Ankle Inversion with Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3

Setup

Begin sitting upright on the floor with your legs crossed and a resistance band secured around one foot. The resistance band should be looped around the bottom of your other foot with the end held in your hand.

Movement

Move the foot with the resistance band away from the other foot by rotating your ankle inward, then slowly return to the starting position and repeat.

Tip

Make sure to avoid any hip movement.

STEP 1



STEP 2



Long Sitting Ankle Eversion with Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3

Setup

Begin sitting upright on the floor with a resistance band secured around one foot. The resistance band should be looped around the bottom of your other foot with the end held in your hand.

Movement

Move the foot with the resistance band away from the other foot by rotating your ankle outward, then slowly return to the starting position and repeat.

Tip

Make sure to avoid any hip movement.

STEP 1



STEP 2



Supine Single Leg Ankle Pumps

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3

Setup

Begin laying flat on your back with a pillow under your leg and your foot off the ground.

Movement

Gently bend your ankle downward by pointing your foot away from your knee, then bend it back upward and repeat.

Tip

Make sure to keep the rest of your leg still as you move your foot.

STEP 1



STEP 2



Seated Heel Raise

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3

Setup

Begin by sitting upright in a chair with your feet positioned shoulder width apart.

Movement

Slowly raise both heels off the ground at the same time, then lower them down to the floor.

Tip

Make sure to keep the balls of your feet in contact with the floor.

STEP 1



STEP 2



Seated Toe Raise

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3

Setup

Begin sitting upright on a chair with your feet flat on the floor.

Movement

Raise your toes up off the floor.

Tip

Make sure to keep your heels on the floor.

STEP 1



STEP 2



Side Stepping with Resistance at Ankles

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3

Setup

Begin standing upright with a resistance band looped around your ankles. Bend your knees slightly so you are in a mini squat position.

Movement

Slowly step sideways, maintaining tension in the band.

Tip

Make sure to keep your feet pointing straight forward and do not let your knees collapse inward during the exercise.

STEP 1



STEP 2



Band Walks

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3

Setup

Begin standing upright with a resistance band looped around your ankles. Bend your knees slightly so you are in a mini squat position.

Movement

Slowly walk forward, one foot at a time.

Tip

Make sure to maintain constant tension in the band and keep your toes pointing forward. Do not drag your feet on the ground or let your knees collapse inward during the exercise.

STEP 1



STEP 2



Standing Eccentric Heel Raise

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3

Setup

Begin in a standing upright position, holding onto a chair for support, with both feet on the ground.

Movement

Raise up onto your toes. Lift one leg off the floor, then slowly lower your heel to the floor. Repeat this motion.

Tip

Make sure that the single leg lowering movement is performed slowly. Try not to let your knee bend as you lower your heel.

STEP 1



STEP 2



STEP 3



Seated Ankle Eversion with Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3

Setup

Begin sitting in an upright position with a resistance loop around both feet, flat on the ground.

Movement

Lift your feet up, keeping your heels on the ground, then rotate them outward as far as is comfortable, pulling on the resistance band. Slowly bring your feet back to the starting position and repeat.

Tip

Try to keep the rest of your legs relaxed and focus the movement on your ankles.

STEP 1



STEP 2



Isometric Ankle Inversion at Wall

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3

Setup

Begin sitting upright with one leg bent and the other straight, holding a ball between the inside of your foot and a wall.

Movement

Gently press the inside of your foot into the ball, hold briefly, then relax and repeat.

Tip

Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



Long Sitting Isometric Ankle Plantarflexion with Ball at Wall

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3

Setup

Begin sitting upright with your involved leg straight forward, holding a ball between the underside of your foot and a wall.

Movement

Gently press the bottom of your foot into the ball, hold briefly, then relax and repeat.

Tip

Make sure to keep the rest of your leg relaxed and do not let your foot rotate to either side during the exercise.

STEP 1



STEP 2



Isometric Ankle Inversion

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3

Setup

Begin in a long sitting position with a ball held between the insides of your feet.

Movement

Squeeze your feet inward around the ball, then release and repeat.

Tip

Make sure to only use your feet for the exercise and do not use the rest of your legs to squeeze the ball.

STEP 1



STEP 2



Isometric Ankle Dorsiflexion and Plantarflexion

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3

Setup

Begin in a long sitting position with a ball between the top of one foot and the bottom of your other foot.

Movement

Bend your top foot into the ball, resisting the movement with your other foot by bending it upward.

Tip

Make sure to stay sitting upright during the exercise.

STEP 1



STEP 2



Squatting Ankle Dorsiflexion with Table

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3

Setup

Begin in a squatting position holding onto a stationary object in front of your body with both hands.

Movement

Slowly lean your body forward, bending at your ankles until you feel a stretch in the back of your calf.

Tip

Make sure to keep your heels on the ground during the exercise.

STEP 1



STEP 2



Wall Squat with Heel Raises

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3

Setup

Begin in a standing upright position in front of a wall. Lean back into a squat against the wall with your knees bent to 90 degrees.

Movement

Lift your heels off the ground, then lower them back down and repeat.

Tip

Make sure your knees are not bent forward past your toes and keep your back flat against the wall during the exercise.

STEP 1



STEP 2



STEP 3



Arch Lifting

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3

Setup

Begin in a staggered standing position with your front knee slightly bent and your back knee straight.

Movement

Try to lift up the arch of your foot while keeping your toes and heel in contact with the ground.

Tip

Make sure to avoid gripping with your toes. A slight weight shift to the outside of your foot is normal.

STEP 1



STEP 2



Foot Roller Plantar Massage

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3

Setup

Begin sitting upright with your foot on top of a roller.

Movement

Gently roll the middle of your foot forward and backward over the roller, in between the ball of your foot and your heel.

Tip

Make sure to use enough pressure so you feel a stretch but not pain.