

Ankle Alphabet

Sets: 3

Preparation:

- Sit in a chair with good posture
- Rest the edge of your heel on the floor as shown

Execution:

- Write the letters of the alphabet A to Z with your big toe



Alphabet



A



B



C, etc

Toe-Towel Pick-Ups

Sets: 1 | Reps: 25

Preparation:

- Sit with towel under your foot

Execution:

- Use your foot to pick up the towel



Use the small muscles in the foot to grab the towel



Now pick up the towel

Foot Scrunching (Towel)

Sets: 1 | Reps: 10

Preparation:

- Sit with foot on towel

Execution:

- Scrunch the towel with your toes



Sit with foot on towel



Scrunch the towel with your toes

Ankle Pumps

Sets: 1 | Reps: 100

Preparation:

- Find a comfortable position

Execution:

- Pump ankles up and down.



Find a comfortable position



Pump ankles up



Pump ankles down

Ankle Eversion

Sets: 3 | Reps: 30

Execution:

- Bend your ankles outward
- Relax your foot back to the start position in a controlled manner



Bend ankles outward

Ankle Inversion

Sets: 3 | Reps: 30

Execution:

- Bend your ankles inwards
- Relax your foot back to the start position in a controlled manner



Bend ankles inward

Ankle Eversion Isometric

Sets: 4 | Reps: 10 | Hold: 3-5sec | Intensity: Medium

Preparation:

- Cross legs

Execution:

- Bend your ankle to the side, pushing the outside of your foot against the opposite foot
- There should be no movement



Push outside of foot against opposite foot

Ankle Dorsiflexion Isometric

Sets: 4 | Reps: 10 | Hold: 3-5sec | Intensity: Medium

Preparation:

- Put one foot on top of the other

Execution:

- Pull your bottom foot up against your top foot
- There should be no movement



Push bottom foot against top foot

Ankle Eversion Resistance (Belt or Towel)

Sets: 4 | Reps: 12 | Load: Medium

Preparation:

- Sit and loop a belt or towel around your foot as shown

Execution:

- Pull belt, moving ankle upward and outward.



Loop belt around foot



Pull up and out so bottom of your foot faces outwards

Ankle Inversion Resistance (Belt or Towel)

Sets: 4 | Reps: 12 | Load: Medium

Preparation:

- Sit and loop a belt around your foot as shown

Execution:

- Pull belt so that your foot moves upwards and inwards



Loop belt around foot



Pull towel up and in, bottom of the foot faces inwards

Toe Walking

Sets: 3 | Duration: 1 minute

Preparation:

- Stand with good posture and balance

Execution:

- Walk forward on the tips of your toes



Walking | Heel-Toe

Sets: 3 | Duration: 1 minute

Execution:

- Stand in stride stance as shown
- Rock back and forth, transferring weight from heel to toe



Stride stance



Transfer weight from heel to toe

Toes Up Calf Raise | Bilateral (Towel)

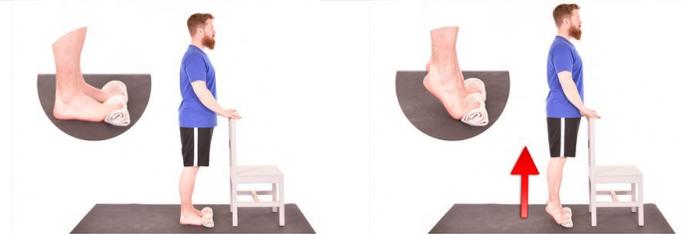
Sets: 4 | Reps: 25

Preparation:

- Stand holding a chair as shown
- Have a rolled towel under toes

Execution:

- Lift heels up, standing on your tip toes



Start Position

Lift heels up, standing on your tip toes

Calf Raise Eccentric | Bilateral

Sets: 4 | Reps: 20 | Duration: 4 sec down

Preparation:

- Stand next to a chair, counter or wall
- Stand on your tip toes, lifting your heels as high as you can

Execution:

- SLOWLY lower your heels down to the ground
- Stand on your tips toes, returning to the start position



Stand on tip toes

Slowly lower heels down to ground

Calf Raise Eccentric | Single Leg

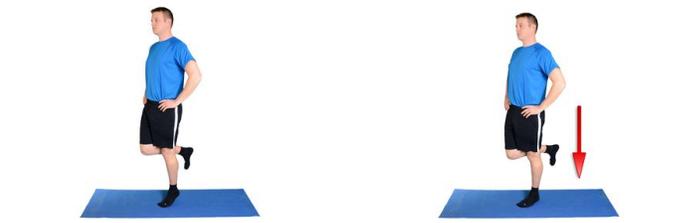
Sets: 4 | Reps: 15 | Duration: 4 sec down

Preparation:

- Stand on one leg next to a chair, counter or wall
- Stand on your tip toes, lifting your heels as high as you can

Execution:

- SLOWLY lower your heel down to the ground
- Stand on your tips toes, returning to the start position



Stand on tip toes

Slowly lower heel to ground

Single Leg Calf Raise Balancing + UE Destabilization

Sets: 3 | Hold: 1 minute

Preparation:

- Stand with good posture

Execution:

- Balance on the ball of your foot
- Clasp hands together
- In a controlled fashion, draw wide circles with your arms



*Balance on ball of foot,
wave arms*

Single Leg Balance | Clock

Sets: 3 | Hold: 1 minute

Preparation:

- Stand next to a wall, counter or chair if needed

Execution:

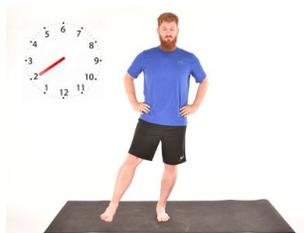
- Stand on one leg
- Move leg to different hours on the clock



Start Position



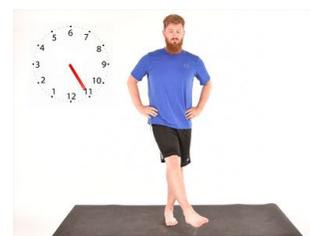
*Reach foot towards
numbers on a clock...*



...2 o'clock...



...6 o'clock...



...11 o'clock, etc...

Bent Knee Calf Raise | Single Leg (Backpack)

Sets: 4 | Reps: 20 | Load: Medium

Preparation:

- Stand on one foot at the edge of a step, knees bent as shown
- Wear a backpack with weights in it

Execution:

- Raise up onto toes
- Return to start position



Start Position



Raise up onto toes

Lateral Step down

Sets: 3 | Reps: 10-15

Preparation:

- Stand on a box or step

Execution:

- Step down and to the side
- Lower down with control



Stand on top of box



Step down with control

Step Down Reach

Sets: 3 | Reps: 10-15

Preparation:

- Stand on a step or box

Execution:

- Lower your leg down as far as you can under control until your toe taps the ground
- Rise up in a controlled manner



Stand on a box



Reach back. Lower from hip

Lunge or Lunge Holds

Sets: 3 | Reps: 10-15 | Load: light-medium | Duration: 1 minute

Preparation:

- Stand in a stride stance
- For Progression wear backpack for added resistance

Execution:

- Lower back knee towards the ground
- Keep your front knee in line with your toes
- Rise back up at hips
- Lunge Hold = Hold Lunge Position with rear knee about 1 inch off from ground



Begin in stride stance



Lower back knee towards the ground, rise up at hips

Split Squat Eccentrics | Rear Foot Elevated

Sets: 3 | Reps: 10 | Tempo: 3 sec down and up

Preparation:

- Position yourself in a stride stance, back foot elevated on a bench or chair
- Progression = wear backpack for added resistance training

Execution:

- Lower back knee towards ground
- Keep upper body straight, front knee in line with toes
- Rise back up with control



Back foot up on bench, back straight



Squat - Bend at the hip, knee behind toes



Knee aligned with toes



Squat

Lateral Lunge

Sets: 3 | Reps: 10-15 | Load: light-medium

Preparation:

- Stand with good posture
- Progression = Wear backpack to increase resistance

Execution:

- Lunge to the side
- Keep back straight and your hip, knee and ankle aligned
- Return to the start position



Tall



Lunge to side - Hip, knee and ankle aligned

Single Leg Cup Pick Up

Sets: 1 | Reps: 5

Preparation:

- Stand on one leg
- Place 5 plastic cups in any pattern in front of you

Execution:

- Bend at the hip, keep back leg straight
- Reach and pick up one cup at a time
- Rise up from the hips
- Then repeat movement to place one cup down on floor



Start position



Bend forward, as if picking up a ball



Front view



Knee inline with toes

Deadlift | Single Leg (Dumbbell)

Sets: 3 | Reps: 10-15 | Load: light-Medium

Preparation:

- Stand on one leg, knee slightly bent
- If no weights are available, use soup cans or backpack for added resistance.

Execution:

- Bend at the hip, keep back leg straight
- Rise up from the hips



Good posture, knee aligned over toes at all times



Bent at hip - back leg straight - Arms stay vertical



Front view



Knee aligned over toes

Single Leg Forward Hop (Every Space)

Sets: 3 | Duration: 1 minute

Preparation:

- Start facing the ladder
- Stand on one leg

Foot Pattern:

- Hop forward into the first space, landing with the same leg
- Hop forward off the same leg, landing in the second space
- Repeat throughout the length of the ladder

Remember:

- Absorb the shock with hips, knees, and ankles



Single Leg Forward Diagonal Hop (Every Space, One Side)

Sets: 3 | Duration: 1 minute

Preparation:

- Start facing the ladder
- Stand on one leg

Foot Pattern:

- Hop forward and diagonally into the first space, landing with the same leg
- Hop forward and diagonally off the same leg, landing next to the second rung on the same side as where you started
- Repeat throughout the length of the ladder

Remember:

- Absorb the shock with hips, knees, and ankles



Single Leg Lateral Diagonal Hop (Every Space, One Side)

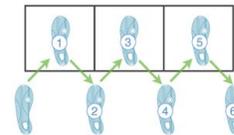
Sets: 3 | Duration: 1 minute

Preparation:

- Start facing the ladder
- Stand on one leg

Foot Pattern:

- Hop forward and diagonally into the first space, landing with the same leg
- Hop backwards and diagonally off the same leg, landing in line with the second rung on the same side as where you started
- Repeat throughout the length of the ladder



Remember:

- Absorb the shock with hips, knees, and ankles

Single Leg Lateral Hop and Hold

Sets: 3 | Reps: 12 | Hold: 3 sec

Preparation:

- Stand balancing on one foot

Execution:

- Perform a small single leg squat
- Take a small hop to the other foot
- Absorb the shock by bending at the hip, knee and ankle (triple flexion)



Bounding

Sets: 3 | Duration: 1 minute

Execution:

- Bend at knees and hip, propel yourself forward onto the opposite leg
- Immediately jump forward onto other foot
- Continue forward



Bend at hips and knees



Bound forward onto opposite leg



Keep going



Jumping Jacks

Sets: 3 | Duration: 1 minute

Preparation:

- Stand with good posture

Execution:

- Hop up, spreading feet wider than shoulder width
- At the same time, bring arms overhead



Start Position



Hop up, feet wider than shoulders



Bring arms overhead



Repeat

Split Squat Jump

Sets: 3 | Reps: 10-15

Preparation:

- Start in a lunge position

Execution:

- Jump into the air driving off both legs
- Switch leg position in the air
- Land in a lunge position with the opposite leg forward
- Absorb the shock with triple flexion (hips, knees, ankles)



Start Position



Jump, driving off both legs



Land in lunge position with opposite leg forward



Start Position



Jump high



Land soft

Forward Double Leg Bound

Sets: 3 | Reps: 10

Preparation:

- Start in a squat position

Execution:

- Bound forward with control off both feet
- Land softly
- Immediately initiate the next bound



Squat position, knees are not beyond toes, shoulders over knees



Bound forwards, exploding from the hips



Absorb the shock by bending your hips, knees, and ankles