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Foot and Ankle Strengthening Exercises

1. Down

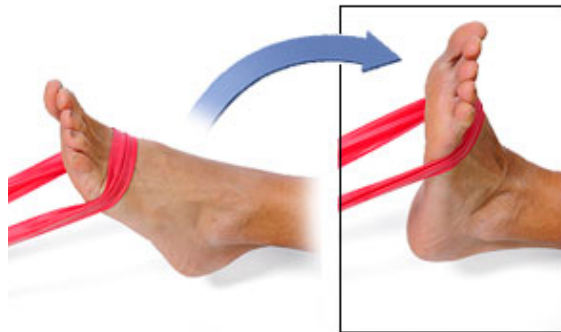
Using a yellow resistance band around your forefoot, hold the ends of the band with your hands and gently push your ankle down as far as you can and then back to the starting position. Repeat 10 times.



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2. Up

Tie the resistance bands around a fixed object and wrap the ends around your forefoot. Start with your foot pointing down and pull your ankle up as far as you can. Return to the starting position and cycle your ankle 10 times.



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3. To Inside and Outside

Tie the bands around an object to the outer side of your ankle. Start with the foot relaxed and move your ankle down and in. Return to the relaxed position and repeat 10 times. Reverse and do it the opposite way. Put the bands and an object to the inner side of your ankle. Start with the foot relaxed and move your ankle up and away. Return to the relaxed position and repeat 10 times.



Inversion



Eversion