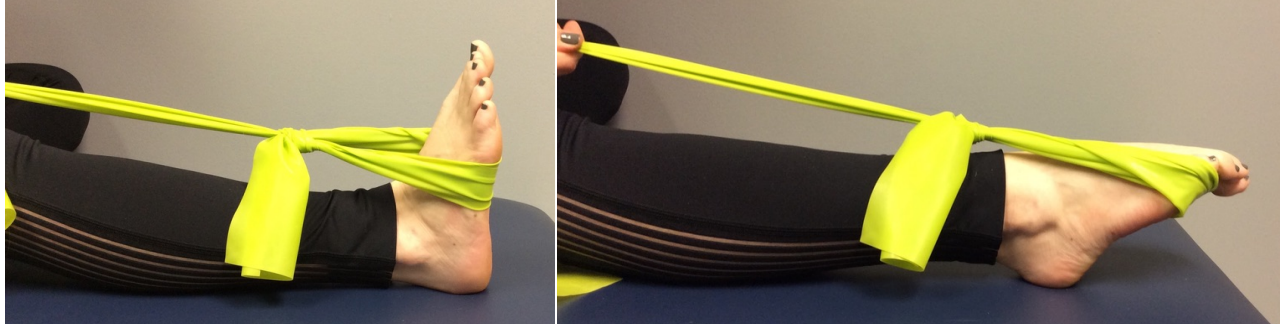


# ANKLE THERABAND EXERCISES

**ANKLE PLANTARFLEXION:** Sitting with your legs straight in front of you, loop a band around your foot and hold the band with your hands. Keeping your knee straight slowly point your toe as far as you can against the resistance, slowly return to starting position.



**ANKLE DORSIFLEXION:** Sitting with your legs straight in front of you, secure the band in front of you (i.e. to a bed post, door frame). Loop the band around the top of your foot/toes. Pull your toes towards you against the resistance. Slowly return to starting position.



**ANKLE EVERSION:** Sitting with your legs straight in front of you, secure the band with your other foot or a door/bed post/corner of the table. Loop the band around the top of your foot/toes. Keeping your knee straight and in line- turn your foot in pulling against the resistance. Slowly return to starting position.



**ANKLE INVERSION:** Sitting with your legs straight in front of you, secure the band to a bed post/door frame/corner of the bed or table. Loop the band around the top of your foot/toes. Keeping your knee straight and in line- turn your foot in pulling against the resistance. Slowly return to starting position.

