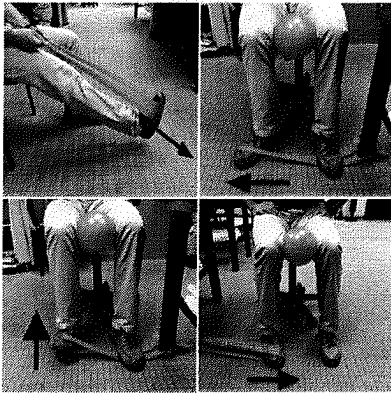


ECCENTRIC HEEL RAISES - CALF RAISES

- (1) While standing, raise up on your toes (2) as you lift your heels off the ground.
- (3) Next, bend the non-target leg.
- Then, (4) lower your heel back down.

Video # VVFF5PV22

Repeat 10 Times
Hold 5 Seconds
Complete 3 Sets
Perform 2 Times a Day

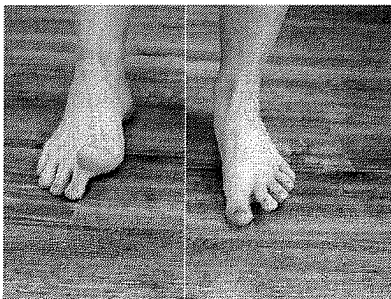


Theraband Ankle 4 Ways

4 different motions for ankle stability:

- 1. **Plantar Flexion:** Put theraband under foot and straighten your knee. Then, pump your ankle up and down towards the ground (similar to a gas pedal).
- 2. **Inversion:** While seated with a ball between knees, use an elastic band attached to your foot and draw your foot inward. Be sure to keep your heel in contact with the floor the entire time.
- 3. **Eversion:** While seated with a ball between knees, use an elastic band attached to your foot and draw your foot outward to the side. Be sure to keep your heel in contact with the floor the entire time.
- 4. While seated with a ball between knees, place the elastic band over the ball of the affected foot. Step on the band with the other foot and lift the involved toes and foot up.

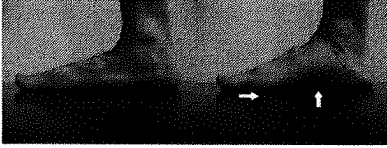
Repeat 10 Times
Hold 3 Seconds
Complete 3 Sets
Perform 2 Times a Day



Toe yoga

- 1) Lift your big toe without lifting the other 4 or rolling your ankle outward.
- 2) Lift your 4 small toes without lifting your big toe or rolling your ankle inward.

Repeat 10 Times
Hold 2 Seconds
Complete 2 Sets
Perform 1 Times a Day



Arch Raise

Step 1: Sit in a chair with both feet placed flat on the floor Step 2: Raise the arch of your foot by sliding your big toe toward your heel without curling your toes or lifting your heel Step 3: Hold the position for 6 seconds then relax and repeat for the recommended number of set and repetitions. Variations can be performed by moving the feet farther away from you or turning the foot inward or outward to challenge the muscles from different positions. Step 4: Once you feel comfortable performing the short foot movement you can gradually progress to performing the exercise while standing and then eventually from a single-leg standing position.

Repeat 10 Times
Hold 10 Seconds
Complete 2 Sets
Perform 1 Times a Day



Mulligan Ankle Mobilization

From Kneeling - drive your front knee forward while keeping your heel down. Push forward until you feel a strong, but non-painful stretch. This is an ON/OFF self mobilization.

Repeat 5 Times
Hold 10 Seconds
Complete 2 Sets
Perform 1 Times a Day