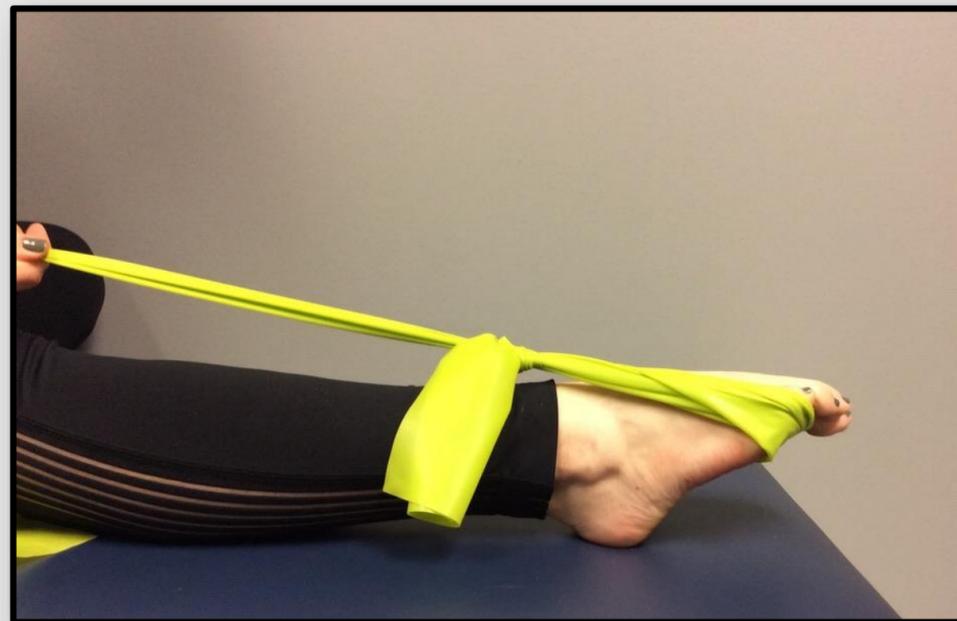


Ankle Theraband Exercises



Ankle Plantarflexion: Sitting with your legs straight in front of you, wrap a band around your foot and grasp it firmly with your hands. Point your toe as far as you can against the resistance while maintaining a straight knee, then slowly come back to the starting position.



Ankle Eversion: Sitting with your legs straight in front of you, secure the band with your other foot or a door/bedpost/corner of the table. Wrap the band around your toes or top foot. Turn your foot to pull against the resistance while maintaining a straight and parallel knee. Return to the starting position gradually.



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. Wrap the band around your toes or top foot. Turn your foot to pull against the resistance while maintaining a straight and parallel knee. Return to the starting position gradually.