



Ankle Plantarflexion

1a. Sit with leg straight and foot flexed with band wrapped around the ball of your foot. Hold it at a tolerable tension.

1b. Press foot and toes downward. Hold briefly, then return to flexed position. Repeat ____ times.



Ankle Dorsiflexion

2a. Secure the band in the hinge side of the door a few inches off the ground. Sit with leg straight and band wrapped around the forefoot. Move closer or farther from the door to adjust the tension.

2b. Flex the foot towards you. Hold briefly, then return to start position. Repeat ____ times.



Ankle Eversion

3a. Sit with legs straight and band wrapped around both feet.

3b. Slowly rotate from ankle joint turning soles of the feet outward. Keep the knees still. Return to start position.

Repeat ____ times.

