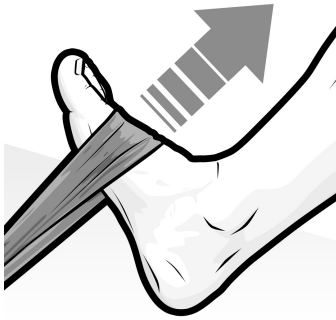


'GET STRONG' - ANKLE EXERCISES

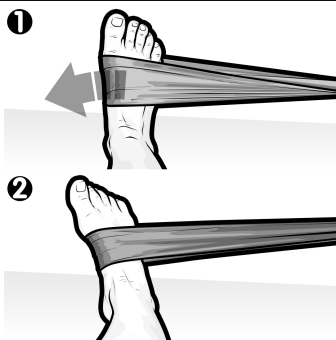


RESISTANCE BAND DORSIFLEXION

Attach a length of resistance band to a fixed object and loop around your foot. Starting with your foot pointed, pull your toes back towards you against the resistance. Slowly return to the start position and repeat.

SETS & REPS: 6-12 x twice

FREQUENCY: Daily

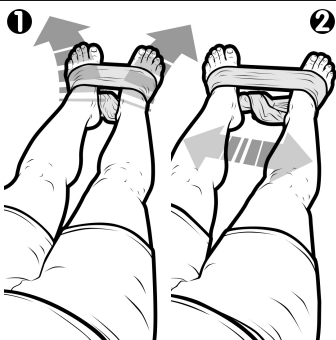


RESISTANCE BAND INVERSION

Attach a length of resistance band to a fixed object and loop around your foot. Starting with your foot in neutral, turn your foot inwards against the resistance. Ensure your leg does not move during the exercise. Slowly return to the start position and repeat.

SETS & REPS: 6-12 x twice

FREQUENCY: Daily



RESISTANCE BAND ISOMETRIC EVERSION

Attach a loop of resistance band around your feet. Start with your feet pointed and turned out as far as possible. Hold this position for 5 seconds then slowly return to the start position and repeat.

SETS & REPS: 6-12 x twice

FREQUENCY: Daily

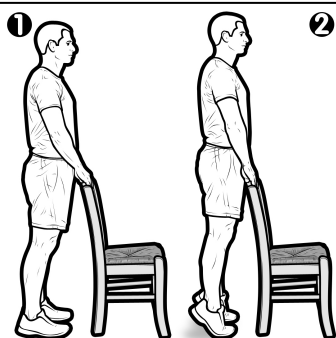


SEATED TOE TAPS

Sitting on a chair, raise your toes up off the floor while keeping your heels on the floor. Slowly lower and repeat.

SETS & REPS: 6 x 12 x twice

FREQUENCY: Daily



CHAIR ASSISTED CALF RAISES

Standing behind a chair for support, slowly rise up onto your toes as far as you can. Slowly lower and repeat.

SETS & REPS: 6-12 x twice

FREQUENCY: Daily