



## INVERSION STRETCH

Standing, turn the sole of your foot to face inwards as far as possible. Hold for 30-60 seconds then relax.

SETS & REPS: 1-3 reps

FREQUENCY: 2-3 x day

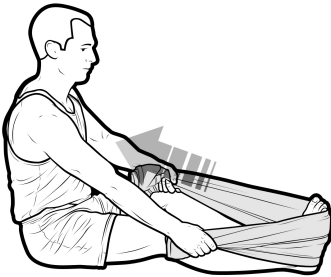


## INVERSION STRETCH

Sit cross-legged on the floor to apply a sideways stretch to your affected ankle. Hold for 30-60 seconds then relax.

SETS & REPS: 1-3 reps

FREQUENCY: 1-3 x day



## INVERSION STRETCH WITH TOWEL

Sit on the floor with your leg out straight in front of you. Loop a towel around your foot and hold the ends in both hands. Pull on the inside towel to turn your foot inwards as far as you can. Hold for 30 seconds then relax.

SETS & REPS: 1 rep

FREQUENCY: 3 x day



## PERONEAL STRETCH

While sitting with your leg over the side of the chair, bend your leg under the chair with your foot pointed and turned in. Slowly put pressure through your leg by extending your knee until you feel a stretch. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 3-4 x day



## PERONEAL STRETCH

Sitting with your leg crossed over your opposite knee, point your foot and rotate the sole of your foot up towards you. Use your hand to pull your foot further in this direction until you feel a stretch. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 3-4 x day