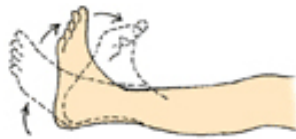




Ankle Exercises



Towel stretch



Ankle range of motion



Standing calf stretch



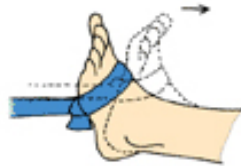
Standing soleus stretch



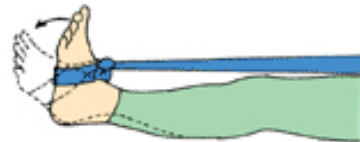
Heel raises



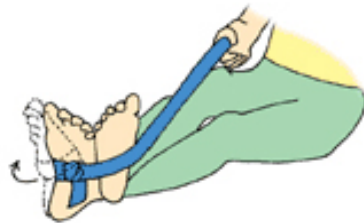
Step-up



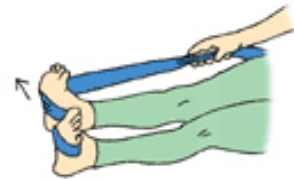
Resisted dorsiflexion



Resisted plantar flexion



Resisted inversion



Resisted eversion



Static and dynamic balance exercises

Directions:

1. Stretch for 15 seconds, relax for 15 seconds.
2. 10 repetitions each exercise.
3. Perform these exercises 3 times per day.

