

Ankle Inversion (Strength)

This exercise is for your right ankle. Switch sides for your left ankle.

1. Tie an elastic exercise band or tubing to the leg of a table. Tie the other end to your right foot.
2. Stand far enough away from the table so that the elastic band or tubing is pulled tight.
3. Point your right foot firmly to the left, pulling on the elastic band or tubing. Hold for 5 seconds.
4. Relax your foot back to a straight position. Repeat this exercise 10 times.
5. Do this exercise 3 times a day, or as instructed.

