

ANKLE STRENGTHENING **EXERCISES**



- Stand on one foot while holding your arms out to your sides with your eyes open. When you can do this for 60 seconds, try closing your eyes. Then repeat for the other leg.
- Stand on the edge of the stairs and let the ball of your foot hang off the edge (only the back half of your foot is in contact with the floor). With a handrail nearby, close your eyes and hold that position for 60 seconds. Please hold onto a handrail when doing these!
- Now, turn around and stand on the edge of the stairs and let your heels hang off the edge. Again, with a handrail nearby, close your eyes and hold that position for 60 seconds. Please hold onto a handrail when doing these!
- Next, stand on the edge of the stairs, hold on to the handrails, and let your heels hang off the edge. Gently lift your heels (like standing on your tip-toes, so you are standing on the balls of your feet) and hold that position for 10 seconds. Gently lower your heels as far as you can; hold that stretch for 10 seconds (repeat six to 12 times).

Toe Tappers

- Sit in a chair
- Keep your heels on the ground and tap your toes up and down
- Set an initial goal of 1 minute of continuous, steady tapping per ankle, and try to increase the time you tap or the speed you tap from there.