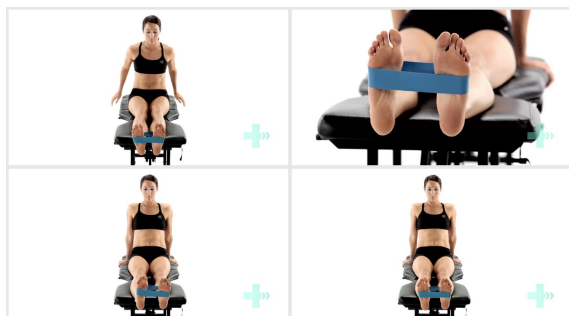




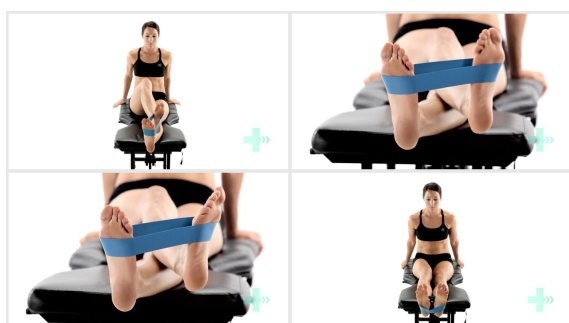
3 Sets / 12 Reps



1. Resisted ankle eversion

Place a resistance band around the ends of each foot.
Make sure your feet are spread apart, so there is tension on the band.
Use the unaffected foot as an anchor as you turn the affected foot outwards, away from the body.
Control the return back to the starting position.

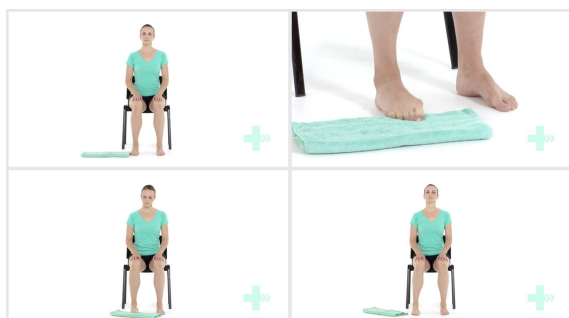
3 Sets / 12 Reps



2. Resisted ankle inversion

Place a band around the end of each foot.
Cross the affected leg over the other leg, then pull against the resistance of the band to turn the foot away.
The unaffected foot acts as a stabilizer and allows you to create more tension in the band.
Return to the starting position.

2 Sets / 8 Reps



3. Active ankle inversion / eversion with towel

Sit upright in a chair with your feet hip's width apart, flat on the floor.
Place a towel on the floor to the outside of your affected foot.
Keeping your heel on the floor and your leg stable, grasp and pull the towel towards your centre with your affected foot.
Repeat until the entire towel has been pulled between your feet.
Repeat in the opposite direction.

3 Sets / 12 Reps



4. Heel raise/Toe Raise - Alternating

Stand with your knees straight and hold on to a support, if needed.
Alternately stand on your toes and heels.



5. Alternating standing heel to toe Raise (Bent Knees)

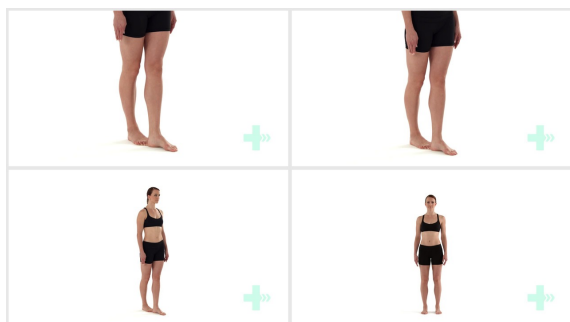
Start in a balanced stance with your feet shoulder-width apart and with your knees bent

Keeping your knees bent, raise yourself up on your toes as high as possible

Return back to the start position and then transfer your weight onto your heels to lift your toes

Repeat

1 Set / 3 Reps / 30 s hold



6. Tandem foot balance

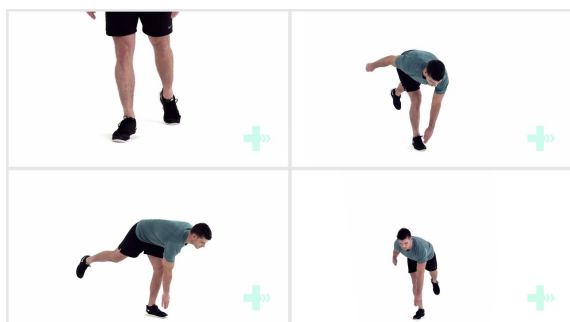
Stand with one foot in front of the other.

The toes of your back foot should just touch the heel of your front foot.

Spread your weight evenly across both feet.

Hold this position for as long as you can.

3 Sets / 5 Reps



7. Balance and reach

Start position is standing with one leg just behind the other at shoulder width apart.

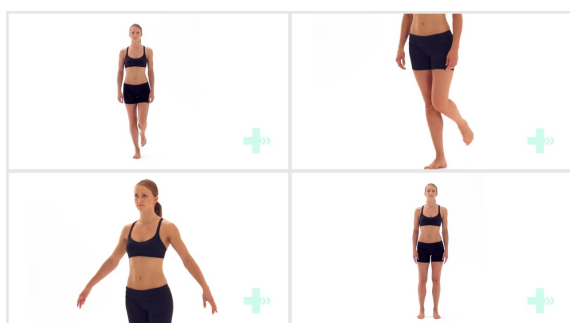
The forward leg is the stance leg and the rear leg is one large pace behind the body with the heel raised and toes lightly touching the floor.

Stretch the rear leg backwards whilst counter-balancing with a forward lean of the trunk, and at the same time reach forward with the arm on the same side as the rearward leg and try to touch the floor.

The stance knee should remain centred over the ball of the foot, do not let the knee waiver from side-to-side.

Switch legs and perform the same movements for the other side, if the right leg is stretched back then the right arm is reaching forward.

1 Set / 2 Reps / 30 s hold



8. Single-leg balance - eyes open

Balance on your symptomatic leg for as long as you can.

You may want to be close to a solid object to hold on to if needed.

Do not rest your bent leg on the stance leg.