

Ankle Strengthening

Ankle Sprain Exercises



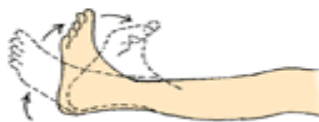
Towel stretch



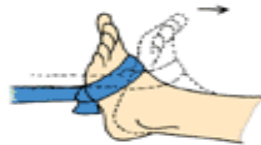
Standing calf stretch



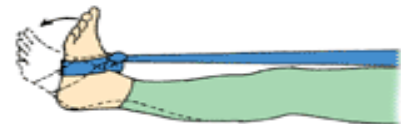
Standing soleus stretch



Ankle range of motion



Resisted dorsiflexion



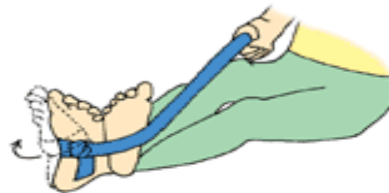
Resisted plantar flexion



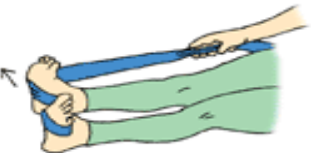
Heel raises



Step-up



Resisted inversion



Resisted eversion



Static and dynamic balance exercises



Jump rope