

## Ankle Resistance Exercises – Using the Elastic Exercise Band

<p><b>ELASTIC BAND PLANTARFLEXION</b></p> <ol style="list-style-type: none"><li>1. Start with your foot in a neutral position.</li></ol> <p>You may also use the elastic band as a way to stretch your foot up toward you (similar to a standing calf stretch).</p>	
<ol style="list-style-type: none"><li>2. While seated, use an elastic band attached to your foot and press your foot downward and forward. Return to the starting position slowly and under control.</li></ol> <p>Perform two sets of 10-15 repetitions, 1-2 times a day on both feet.</p> <p>You may have your foot suspended on a chair or stool or with your heel resting on the ground.</p>	
<p><b>ELASTIC BAND DORSIFLEXION</b></p> <ol style="list-style-type: none"><li>1. Start with your foot in a neutral position.</li></ol>	
<ol style="list-style-type: none"><li>2. While seated, use an elastic band attached to your foot and draw your foot upward.</li></ol> <p>Perform two sets of 10-15 repetitions, 1-2 times a day on both feet.</p> <p>You may have your foot suspended on a chair or stool or with your heel resting on the ground.</p>	

### ELASTIC BAND INVERSION

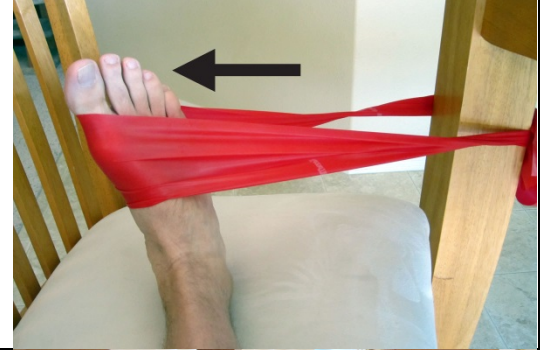
1. Start with your foot in a neutral position.



2. While seated, use an elastic band attached to your foot and draw your foot inward.

Perform two sets of 10-15 repetitions, 1-2 times a day on both feet.

You may have your foot suspended on a chair or stool or with your heel resting on the ground.



### ELASTIC BAND EVERSION

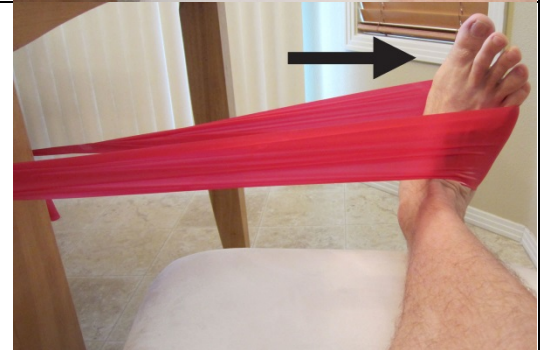
1. Start with your foot in a neutral position.



2. While seated, use an elastic band attached to your foot and draw your foot outward to the side.

Perform two sets of 10-15 repetitions, 1-2 times a day on both feet.

You may have your foot suspended on a chair or stool or with your heel resting on the ground.



- You may have a friend or family member hold the elastic band for you (and not tie it to a table as shown). Please remember if you tie the elastic band, then it must be tied to an object that will not move.
- With these exercises, remember to move slow and under control. There should never be more than a mild to moderate increase in discomfort at this stage of recovery while performing these exercises.