

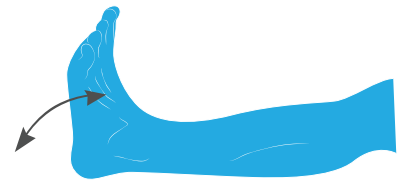
Ankle Stretches

The following exercises should be performed only with the advice of your Chiropractor or Myotherapist. Starting with the basic exercises and moving onto the intermediate and advanced when your strength improves.

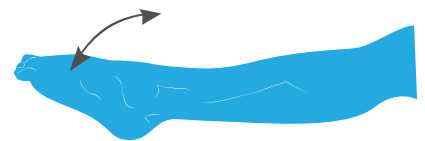
Ankle Stretches – Basic Exercises

1. Foot and Ankle Up and Down

-Move your foot and ankle up and down.
-Repeat 10 - 20 times.



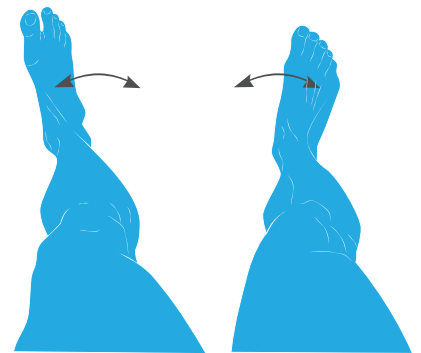
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2. Foot and Ankle In and Out

-Move your foot and ankle in and out.
-Repeat 10 - 20 times.

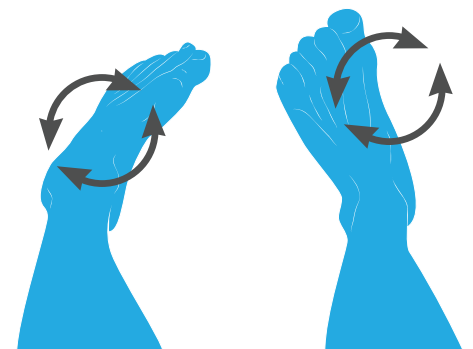
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3. Foot and Ankle Circles

-Move your foot and ankle in a circle as large as possible.
-Repeat 10 - 20 times.

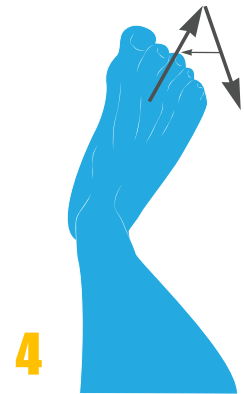
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Ankle Stretches – Intermediate Exercises

4. Alphabet Writing A-Z

- Use your foot and ankle to draw the alphabet from A-Z.
- Repeat with lower case letters.



5. Dorsiflexion Stretch with Towel

- Sit with leg stretched in front of you.
- Keep knee and back straight, holding a towel around the foot.
- Use the foot, ankle and towel to bring toes towards your head.
- Hold for 15 seconds and repeat 4 times.

