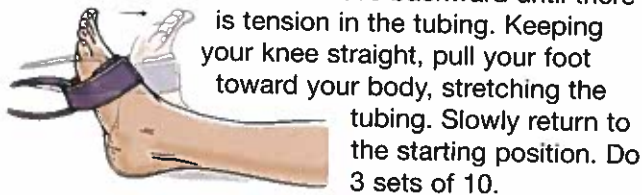


**3. ANTERIOR COMPARTMENT STRETCH:** Stand with one hand against a wall or chair for balance. Bend your knee and grab the front of your foot on your leg which is away from the wall. Bend the front of the foot toward your heel. You should feel a stretch in the front of your shin. Hold for 15 to 30 seconds. Repeat 3 times.



ANTERIOR COMPARTMENT STRETCH

**4. RESISTED ANKLE DORSIFLEXION:** Sit with one leg out straight and your foot facing a doorway. Tie a loop in one end of elastic tubing. Put your foot through the loop so that the tubing goes around the arch of your foot. Tie a knot in the other end of the tubing and shut the knot in the door. Move backward until there



RESISTED ANKLE DORSIFLEXION

is tension in the tubing. Keeping your knee straight, pull your foot toward your body, stretching the tubing. Slowly return to the starting position. Do 3 sets of 10.

**5. ANKLE RANGE OF MOTION:** Sitting or lying down with your legs straight and your knee toward the ceiling, move your ankle up and down by pointing your toes toward your nose, then away from your body; in toward your other foot and out away from your other foot; and in circles. Only move your foot and ankle. Don't move your leg. Repeat 10 times in each direction. Push hard in all directions.



ANKLE RANGE OF MOTION

**6. HEEL RAISE:** Balance yourself while standing behind a chair or counter. Raise your body up onto your toes and hold for 5 seconds. Then slowly lower yourself down. Hold onto the chair or counter if you need to. When this exercise becomes less painful, try lowering on one leg only. Repeat 10 times. Do 3 sets of 10.



HEEL RAISE

**7. RESISTED ANKLE INVERSION:** Sit with your legs out straight and cross one leg over your other ankle. Wrap elastic tubing around the ball of your bottom foot and then loop it around your top foot so that the tubing is anchored there at one end. Hold the other end of the tubing in your hand. Turn your bottom foot inward and upward. This will stretch the tubing. Return to the starting position. Do 3 sets of 10



RESISTED ANKLE INVERSION

**8. RESISTED ANKLE EVERSION:** Sit with both legs stretched out in front of you, with your feet about a shoulder's width apart. Tie a loop in one end of elastic tubing. Put one foot through the loop so that the tubing goes around the arch of that foot and wraps around the outside of the other foot. Hold onto the



RESISTED ANKLE EVERSION

other end of the tubing with your hand to provide tension. Turn the foot with the tubing up and out. Make sure you keep your other foot still so that it will allow the tubing to stretch as you move your foot with the tubing. Return to the starting position. Do 3 sets of 10.

**9. STANDING TOE RAISE:** Stand with your feet flat on the floor, rock back onto your heels and lift your toes off the floor. Hold this for 5 seconds. Do 3 sets of 10.



STANDING TOE RAISE

**10. RESISTED HIP ABDUCTION:** Stand sideways near a doorway. Tie elastic tubing around the ankle on your leg which is away from the door. Knot the other end of the tubing and close the knot in the door. Extend your leg out to the side, keeping your knee straight. Return to the starting position. Do 3 sets of 10.



RESISTED HIP ADDUCTION

To challenge yourself, move farther away from the door.

Do this exercise on both legs.