



ANKLE PLANTARFLEXION

With your foot in a relaxed position, slowly point your foot down as far as you can. Relax and repeat.

SETS & REPS: 3 x 15-20

FREQUENCY: 3-4 x day



ANKLE DORSIFLEXION

With your foot in a relaxed position, slowly pull your foot back towards you as far as you can. Relax and repeat.

SETS & REPS: 3 x 15-20

FREQUENCY: 3-4 x day



ANKLE INVERSION

With your foot in a relaxed position, slowly turn the sole of your foot inwards as far as you can. Relax and repeat.

SETS & REPS: 3 x 15-20

FREQUENCY: 3-4 x day



ANKLE EVERSION

With your foot in a relaxed position, slowly turn the sole of your foot outwards as far as you can. Relax and repeat.

SETS & REPS: 3 x 15-20

FREQUENCY: 3-4 x day



ANKLE PUMP

Point your foot away from you and pull it back towards you in a smooth, rhythmical manner.

SETS & REPS: 3 x 15-20

FREQUENCY: 3-4 x day