

HOME EXERCISE - ANKLE

By Vincenzo Carone

Calf stretch- Stand facing wall with both hands on wall for balance, step back with one leg, make sure toes are pointed straight forward on both feet, as you lean forward bend your front knee and drive the heel of your back leg into the ground while straightening that knee, should feel a comfortable stretch in your calf, hold for 30 seconds, repeat 3 times per leg.



Single leg stance (SLS)- Stand in front of a counter top or back of a chair, hold the surface with both hands, tighten stomach, lift Right foot off of floor, tighten Left glute and gently grip floor with toes, especially your big toe, try and remove hands from surface but use hands as little or as much as you need, attempt to balance on one leg for 30 seconds then switch legs and repeat for a total of 3 times per leg.

Heel raise and Toe raise- Stand in front of a counter top or back of a chair, hold the surface with both hands, push through your toes to raise your heels off the ground 30 times, then perform the opposite by raising your toes up off the ground 30 times.

