

### COMMENTS:

All of these exercises should be performed at a "light to medium" level of intensity. You should not be feeling any increase in pain during or after the exercises. If you do, please discontinue the exercise.

1



#### Tennis Ball Raises

Place a tennis ball between both heels and squeeze the ball. Raise up on your toes. Focus on even distribution of your weight on your feet and keeping the ball between the heels without dropping it.

Repeat 10 Times  
Hold 2 Seconds  
Complete 3 Sets  
Perform 1 Times a Day

2



#### Eccentric Plantarflexion on box

Stand at back edge of box or step. Raise up on both feet, lift one foot up, and SLOWLY lower down for a count of 3 seconds on the affected leg until your heel drops lower than the step.

Repeat 10 Times  
Hold 3 Seconds  
Complete 3 Sets  
Perform 1 Times a Day

3



#### RHOMBERG STANCE - SINGLE LEG - SLS

Cross your arms over your chest and then stand on one leg. Perform this next to a table or other sturdy object. Hold your balance in this position.

Duration 30 Seconds  
Complete 3  
Perform 1 Times a Day  
Video # VVUF443EH

If you lose your balance, you can use one or more strategies to help:  
Touch your toes down  
Take a step  
Unfold your arms and raise them to the sides  
Grab on to something for support

4



#### SINGLE LEG DEAD LIFT

While standing on one leg, bend forward towards touching the ground as you extend your leg behind you. Then return to the original position.

Keep your legs straight and maintain your balance the entire time.

Repeat 10 Times  
Hold 2 Seconds  
Complete 1 Set  
Perform 1 Times a Day

5



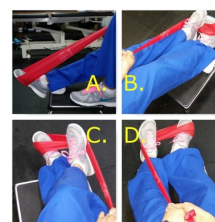
#### ELASTIC BAND EVERSION - SUPINE

Start by lying on your back and place a looped end of an elastic band around your target foot. Hold down the band with your other foot and then hold the other end in your hand.

Repeat 10 Times  
Hold 2 Seconds  
Complete 3 Sets  
Perform 1 Times a Day  
Video # VVYSBZSY5

Next, move your target ankle so that the toes and foot move to the side or away from your mid-line. Return to starting position and repeat.

6



#### Ankle 4way with TB

All theraband exercise is slow and controlled. Do not let the band "bounce" back.  
A. Plantarflexion: "gas pedal." Keep knee straight. Band around "ball of foot" and press it away as far as possible and slowly return to neutral. Repeat.  
B. Dorsiflexion: start in neutral and pull theraband back toward you as far as possible. pause. return slowly. keep knee straight.  
C. Inversion: start neutral and bring band toward your midline without bending or twisting knee.  
D. Eversion: start neutral and press band out without bending or twisting knee.

Repeat 10 Times  
Hold 2 Seconds  
Complete 2 Sets  
Perform 1 Times a Day