

ANKLE STRENGTHENING EXERCISES

Aim to do these exercises at least once a day.

Resisted inversion

- 1) Push the INNER side of your foot against the wall. Repeat 10 times.
- 2) Use a tennis ball and a wall. Standing (or sitting) around 20cm away from the wall continue to kick the ball into the wall using the INNER side of your foot. Repeat 10 times.



Resisted eversion

- 1) Push the OUTER side of your foot against the wall. Repeat 10 times.
- 2) Use a tennis ball and a wall. Standing (or sitting) around 20cm away from the wall continue to kick the ball into the wall using the OUTER side of your foot. Repeat 10 times.



Single leg stand

Practise standing on one leg.

Progressions: with eyes closed, on uneven surface (e.g. cushion), throwing and catching a ball against the wall. Aim for 10 seconds.



Jumping - forwards, sideways, diagonally and backwards.

Change the speed for an additional challenge. You could also try jumping on/off a box.

Try to land as softly as you can.

Complete 10 jumps.



Hopping - forwards, sideways, diagonally and backwards.

Change the speed for an additional challenge. Try to land as softly as you can.

Complete 10 hops and remember to repeat on both sides.



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Seated calf raise

In a sitting position, push down on your thigh as you push up on to your tiptoes on one leg. Repeat 10 times.



Double leg calf raise

1. (Gastrocnemius muscle) Rise up onto your tiptoes. Keep your knees straight. Hold on if you need to steady yourself. Lower gently to the floor. Repeat 10 times.
2. (Soleus muscle) Keeping a slight bend in your knee, rise up onto your tiptoes. Hold on if you need to steady yourself. Lower gently to the floor. Repeat 10 times.



Single leg calf raise

1. Lift one foot off the floor. Keep the knee of the foot on the floor straight. With the other foot, rise up onto your tiptoes. Hold on if you need to steady yourself. Lower yourself gently down. Repeat 10 times.
2. Lift one foot off the floor. Keeping a slight bend in your knee rise up onto your tiptoes. Hold on if you need to steady yourself. Lower yourself gently down. Repeat 10 times.

