



ELASTIC BAND EVERSION - SEATED

Start by sitting with legs straight and place a looped end of an elastic band around your involved foot. Hold down the band with your other foot and then hold the other end in your hand.

Next, move your involved ankle so that the toes and foot move to the side or away from your mid-line. Return to starting position controlled and repeat. Video # VVYSBZSY5

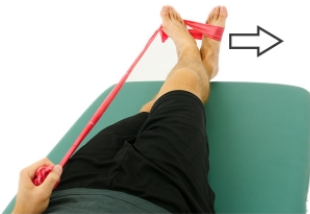


Repeat 10 Times

Hold 1 Second

Complete 1 Set

Perform 2 Times a Day



ELASTIC BAND INVERSION - SEATED

Start by sitting with legs straight and place a looped end of an elastic band around your involved foot. Next, cross your legs so that the involved leg is on the bottom and part of the elastic band is held down by the top foot. Hold the other end in your hand.

Next, move your involved ankle so that the toes and foot move to the inside or toward your mid-line. Return to starting position controlled and repeat. Video # VVDEE24XF

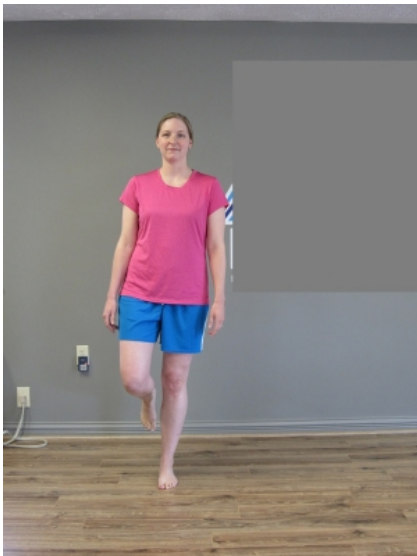


Repeat 10 Times

Hold 1 Second

Complete 3 Sets

Perform 2 Times a Day



Single Leg Balance

Pick up one of your feet behind you so that you are standing on one leg. Stand up tall and look straight ahead. Hold for 20-30 seconds, then rest. To increase difficulty, try standing on a folded bath towel or pillow.

Do this in front of a counter for safety.

Repeat 3 Times

Hold 30 Seconds

Complete 1 Set

Perform 2 Times a Day