

ANKLE STRENGTHENING EXERCISES

Roll-Arounds

1. Stand barefoot with your feet shoulder width apart.
2. Hold on to a stable object such as a counter top.
3. Turn the bottom of your feet towards each other. You should be standing on the outside of your feet.
4. Then roll onto the balls of your feet. You should be on your tiptoes.
5. From this position, roll so that the bottoms of both feet point away from each other. You should be standing on the inside part of both of your feet.
6. Roll back onto your heels.
7. Repeat this motion in a smooth, gliding manner consistently for five minutes unless instructed otherwise.