

## Plantar Flexion (Strength)



These instructions are for your right ankle. Switch sides for your left ankle.

1. Sit on a bed or the floor with your right leg out straight.
2. Loop an elastic exercise band or tubing around your right foot. Hold the ends in your hands.
3. Push on the elastic band with the ball of your foot, pointing your toes. Pull the elastic band toward you as you do this. Hold for 5 seconds, or as instructed. Then move your foot back to the starting position.
4. Repeat 10 times, or as instructed.
5. Do this exercise 3 times a day, or as instructed.



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