



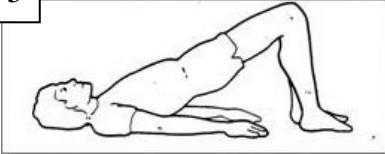
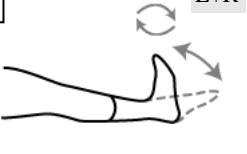



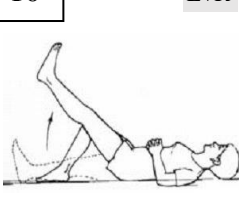

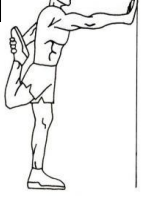
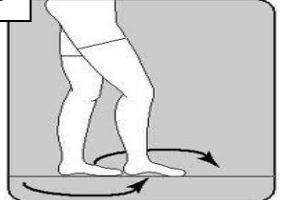


ANKLE EXERCISES

Note: L+R= left and right side

1	 L+R	2	 L+R	3	 L+R	4	 top view
10 reps		10 reps		Hold 10s, rest 3s, 10 sets		Joint mobilization	

5		6	 L+R	7	 L+R	8	
Hold 10s, rest 10s		Point toes 5 times		Curl toes 5 times		Standing balance	

9		10	 L+R	11	 L+R	12	 L+R	13	
Hold 10s, rest 5s		Hold 10s, rest 5s		Hold 20s, 3 sets		Hold 20s, 3 sets		Walk in straight line	