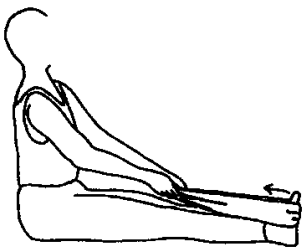
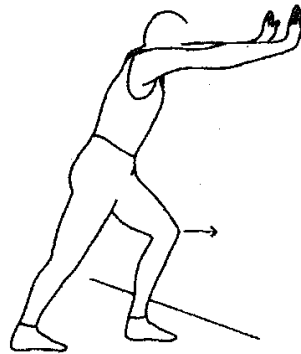


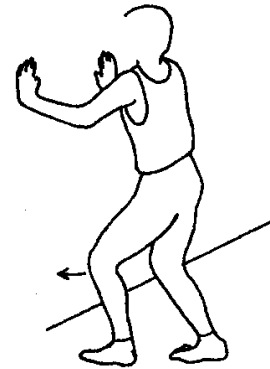
# Ankle Exercises



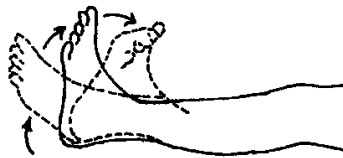
**Towel stretch**



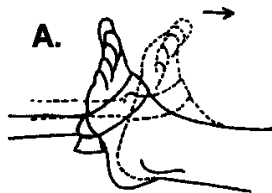
**Standing calf stretch**



**Standing soleus stretch**

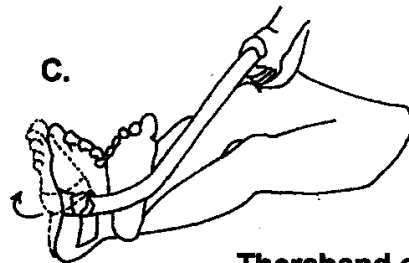


**Ankle range of motion**



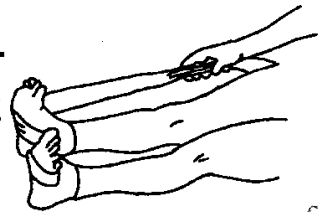
**A.**

**B.**



**C.**

**D.**



**Theraband exercises**



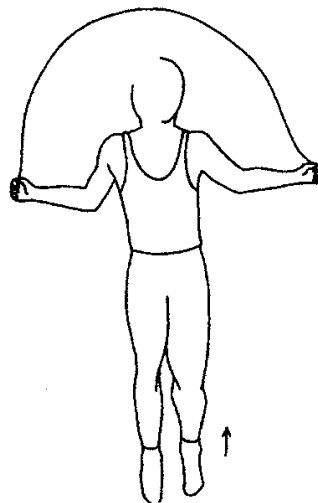
**Heel raises**



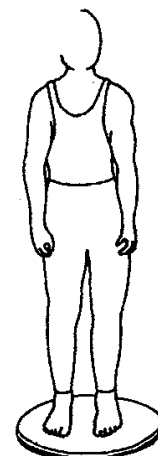
**Toe raises**



**Single leg balance**



**Jump rope**



**Wobble board**

