

Ankle

- 1) **Alphabet**- Pretend your big toe is a pen and “write” the alphabet in the air in cursive script. Feel the lateral and anterior muscle groups warm up. Switch sides and repeat.
- 2) **Roll**- Carefully roll your foot around while toe is in contact with the ground. You can also put some weight on the foot rolled in and out.
- 3) **Calf Raise**- Can do both calves together or separate. Raise body up on balls of feet. To increase the difficulty you can hold weight in your hands or on your shoulders.
- 4) **Flex**- Flex foot up (opposite of pointed toes) repeatedly until the front of shin burns. Repeat on other side until fatigued.
- 5) **One Leg Stand**- Stand on one leg without shoes (have support available if you are unstable) hold your leg first to front, then back and then the side remaining as still as possible. This increases balance and ankle stability. Hold until ankle wobbles.