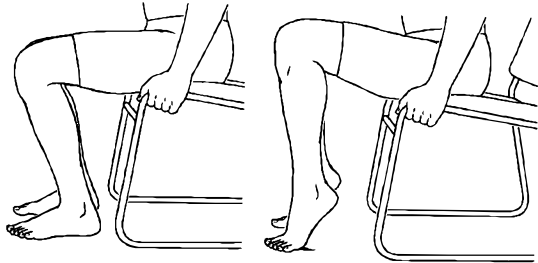


ANKLE / FOOT - 23 Heel Raise (Sitting)

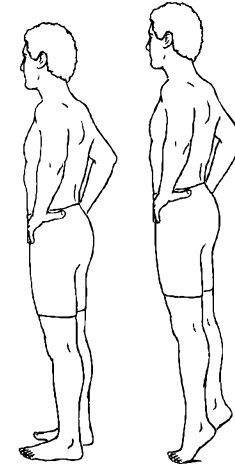


Raise heels, keeping toes on floor. Lower heels towards the floor slowly to get the max benefit. If you have access to a seated calf raise machine you may use it using weights as you can tolerate.

Repeat 10-15 times per set. Do 1-3 sets per session.  
Perform 3 times per week.

ANKLE / FOOT - 20 Heel Raise: Bilateral (Standing)

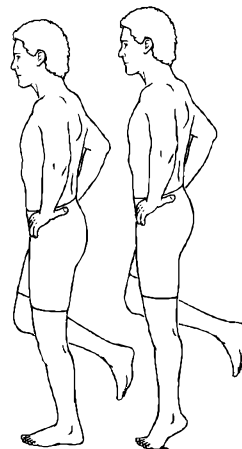
Rise on balls of feet. Make sure to slow down the return part of the exercise when you are lowering your heels to the floor to get the maximum benefit. Can perform with dumbbells in hands if body weight is not enough resistance.



Repeat 10-15 times per set.  
Do 3 sets per session.  
Perform 3 times per week

ANKLE / FOOT - 21 Heel Raise: Unilateral (Standing)

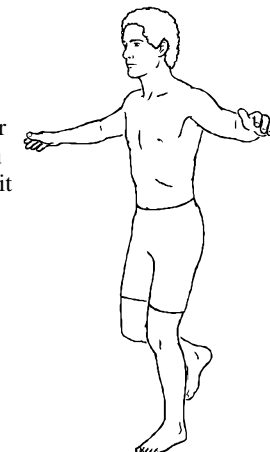
Balance on left or right foot, then rise on ball of foot. Remember to slow down return to ground to get the max benefit and use dumbbells if body weight is not enough resistance.



Repeat 10-15 times per set.  
Do 1-3 sets per session.  
Perform 3 times per week

ANKLE / FOOT - 15 Balance: Unilateral

Attempt to balance on left or right leg, eyes open. Hold 30 seconds to a minute. Can perform on a mini trampoline or have someone toss a ball to you to your left and right and catch it with both hands trying to maintain your balance to progress this exercise



Repeat 1- times per set.  
Do 1 sets per session.  
Perform 3 times per week