

Cheltenham Podiatry  
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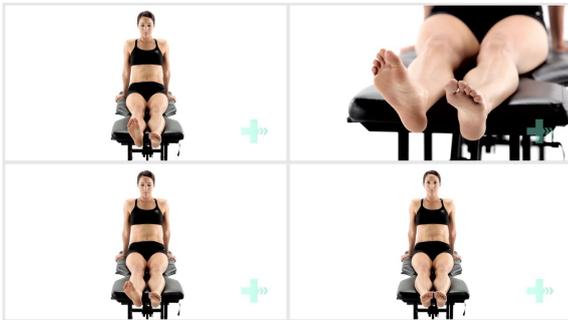
3 Sets / 5 Reps



## 1. AROM ankle inversion

Start in a seated position with your legs straight.  
 Invert your ankle by turning the sole of your foot towards the midline of the body.  
 Do not move your knee or the hip to create this range of motion, move your ankle only.

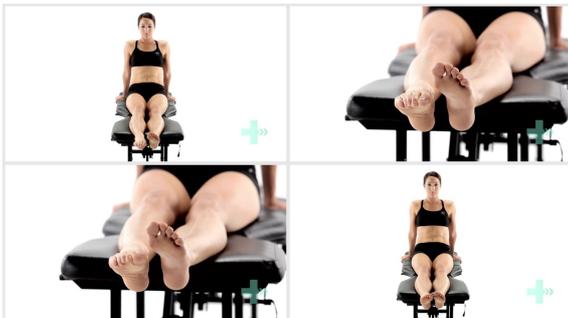
3 Sets / 5 Reps



## 2. AROM ankle eversion

Sit down with your legs extended out straight.  
 Start with your ankle in a neutral position and slowly evert your ankle by rotating the sole of your foot away from midline of the body.  
 Do not move your knee or hip to create this range of motion, strictly move your ankle only.

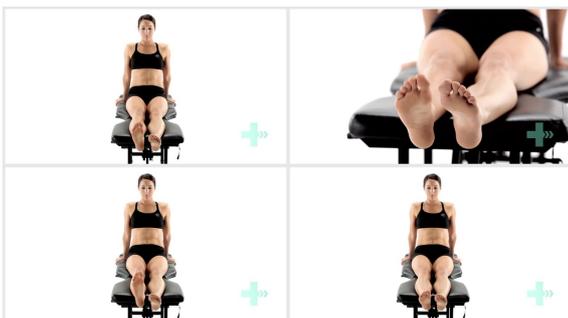
3 Sets / 5 Reps



## 3. AROM ankle plantarflexion

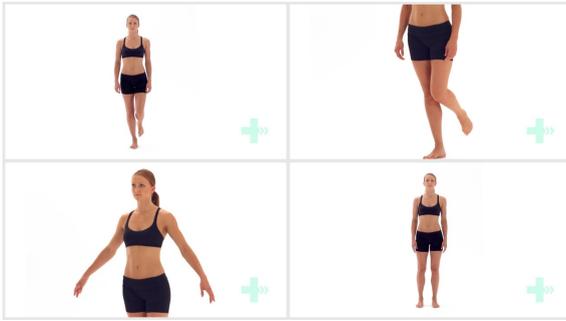
Start in a seated position with your legs out straight.  
 Point your toes down as far as you can, and then back to neutral position.  
 The knee stays straight during this exercise.

3 Sets / 5 Reps



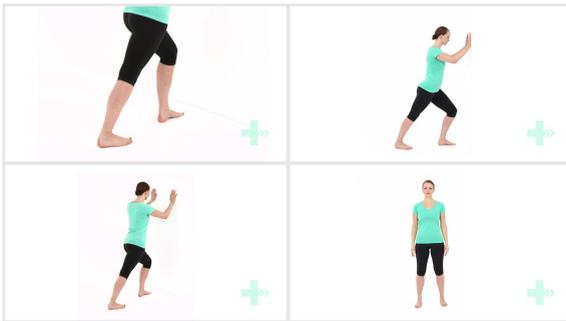
## 4. AROM ankle dorsiflexion

Start in a seated position with your legs out straight.  
 Pull your toes up towards your head, keeping the leg straight.  
 The knee stays flat on the table as your move the foot up and down.



### 5. Single-leg balance - eyes open

Balance on your symptomatic leg for as long as you can.  
You may want to be close to a solid object to hold on to if needed.  
Do not rest your bent leg on the stance leg.



### 6. Gastrocnemius stretch in standing (holding on)

In a standing position, step your affected leg back behind you.  
Keep the heel on the floor and the toes pointing forwards.  
Bend the front knee, moving your body forwards, until you feel a stretch in the back of the calf.  
Make sure your heel does not come off the floor and your back knee does not bend.