Isometric Ankle Eversion at Wall  
**REPS:** 10 | **SETS:** 3 | **HOLD:** 5 | **WEEKLY:** 3x | **DAILY:** 1x  
**Setup**  
- Begin sitting upright with one leg bent and the other straight, holding a ball between the outside of your foot and a wall.  
**Movement**  
- Gently press the outside of your foot into the ball, hold briefly, then relax and repeat.  
**Tip**  
- Make sure to keep your back straight during the exercise.

Isometric Ankle Inversion at Wall  
**REPS:** 10 | **SETS:** 3 | **HOLD:** 5 | **WEEKLY:** 3x | **DAILY:** 1x  
**Setup**  
- Begin sitting upright with one leg bent and the other straight, holding a ball between the inside of your foot and a wall.  
**Movement**  
- Gently press the inside of your foot into the ball, hold briefly, then relax and repeat.  
**Tip**  
- Make sure to keep your back straight during the exercise.

Long Sitting Isometric Ankle Plantarflexion with Ball at Wall  
**REPS:** 10 | **SETS:** 3 | **HOLD:** 5 | **WEEKLY:** 3x | **DAILY:** 1x  
**Setup**  
- Begin sitting upright with your involved leg straight forward, holding a ball between the underside of your foot and a wall.  
**Movement**  
- Gently press the bottom of your foot into the ball, hold briefly, then relax and repeat.  
**Tip**  
- Make sure to keep the rest of your leg relaxed and do not let your foot rotate to either side during the exercise.

Isometric Ankle Dorsiflexion and Plantarflexion  
**REPS:** 10 | **SETS:** 3 | **HOLD:** 5 | **WEEKLY:** 3x | **DAILY:** 1x  
**Setup**  
- Begin in a long sitting position with a ball between the top of one foot and the bottom of your other foot.  
**Movement**  
- Bend your top foot into the ball, resisting the movement with your other foot by bending it upward.  
**Tip**  
- Make sure to stay sitting upright during the exercise.

Isometric Ankle Inversion  
**REPS:** 10 | **SETS:** 3 | **HOLD:** 5 | **WEEKLY:** 3x | **DAILY:** 1x  
**Setup**  
- Begin in a long sitting position with a ball held between the insides of your feet.  
**Movement**  
- Squeeze your feet inward around the ball, then release and repeat.  
**Tip**  
- Make sure to only use your feet for the exercise and do not use the rest of your legs to squeeze the ball.

Isometric Heel Raise at Wall  
**REPS:** 10 | **SETS:** 3 | **HOLD:** 5 | **WEEKLY:** 3x | **DAILY:** 1x  
**Setup**  
- Begin in a standing upright position with your hands resting in front of you on a wall.  
**Movement**  
- Slowly raise your heels off the ground and hold that position.  
**Tip**  
- Make sure to keep your back straight during the exercise.

Disclaimer: This program provides exercises related to your condition that you can perform at home. As there is a risk of injury with any activity, use caution when performing exercises. If you experience any pain or discomfort, discontinue the exercises and contact your health care provider.
Seated Heel Raise

**REPS**: 10 | **SETS**: 3 | **HOLD**: 5 | **WEEKLY**: 3x | **DAILY**: 1x

**Setup**
- Begin by sitting upright in a chair with your feet positioned shoulder width apart.

**Movement**
- Slowly raise both heels off the ground at the same time, then lower them down to the floor.

**Tip**
- Make sure to keep the balls of your feet in contact with the floor.

Seated Toe Raise

**REPS**: 10 | **SETS**: 3 | **HOLD**: 5 | **WEEKLY**: 3x | **DAILY**: 1x

**Setup**
- Begin sitting upright on a chair with your feet flat on the floor.

**Movement**
- Raise your toes up off the floor.

**Tip**
- Make sure to keep your heels on the floor.

Alternating Single Leg Balance - Foot Behind

**REPS**: 10 | **SETS**: 3 | **HOLD**: 5 | **WEEKLY**: 3x | **DAILY**: 1x

**Setup**
- Begin in a standing upright position with your arms resting at your sides.

**Movement**
- Lift one foot off the ground behind your body, transferring your weight to the other leg. When you are balanced, slowly lower your foot to the floor and repeat on the other side.

**Tip**
- Make sure to maintain your balance and keep your back straight during the exercise.

Forward Reach with Dumbbell

**REPS**: 10 | **SETS**: 3 | **HOLD**: 5 | **WEEKLY**: 3x | **DAILY**: 1x

**Setup**
- Begin in a standing upright position while grasping a dumbbell in one hand.

**Movement**
- Slowly lower the dumbbell towards the floor by bending the knee of your opposite leg.

**Tip**
- Make sure to keep your back straight during the exercise and do not let your knee collapse inward.

Lateral Hopping on Level Ground

**REPS**: 10 | **SETS**: 3 | **HOLD**: 5 | **WEEKLY**: 3x | **DAILY**: 1x

**Setup**
- Begin in a standing upright position with your feet slightly wider than shoulder width apart.

**Movement**
- Jump sideways, taking off with both feet, and landing with both feet.

**Tip**
- Make sure to stick the landing and don’t let your knees collapse inward at any point.

Supine Ankle Pumps

**REPS**: 10 | **SETS**: 3 | **HOLD**: 5 | **WEEKLY**: 3x | **DAILY**: 1x

**Setup**
- Begin lying on your back with your legs straight.

**Movement**
- Slowly pump your ankles by bending and straightening them.

**Tip**
- Try to keep the rest your legs relaxed while you move your ankles.
Towel Scrunches

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

Setup
- Begin in a staggered standing position with your forward foot resting on a flat towel, and the knee slightly bent.

Movement
- Keep your back knee straight. Use your toes to scrunch up the towel.

Tip
- Make sure to keep the rest of your foot in contact with the ground.

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