
Standing Ankle with Knee Drive

Starting in a calf stretch position with the front knee over the ankle joint, move the front knee over the big toe, whilst driving the opposite knee in the direction required and return to the start position, repeat but move the front knee over the middle of the foot and then repeat over the little toe. The front heel must stay down and the wall should be used for a visual assessment, where the user can see improvement.

They should feel a stretch around the ankle and in the achilles area.

