
Standing Ankle

Starting in a calf stretch position with the front knee over the ankle joint, move the front knee over the big toe 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 so the user can see improvements. Move the front foot back away from the wall to increase the range of movement, the heel must stay on the floor.

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

