

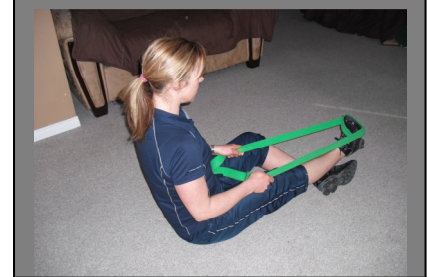
## Ankle and Lower Leg



- Wrap band around foot (just below toes)
- Sit up with good posture.
- Free leg under stretching leg as a rest support.



- With good tension on the band press the toes forward



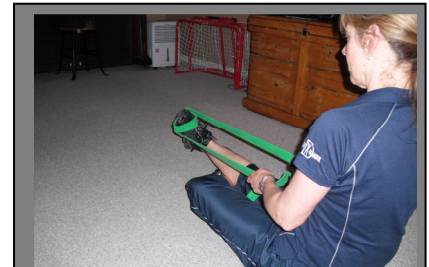
- Control the ankle returning back to start position.
- Perform 8-2 reps.



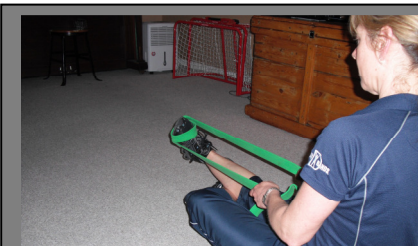
- Turn ankle to the outside
- Maintain good tension on the band.



- At the ankle, rolling ankle under and back to start position for 8-12 reps.
- Make sure there is good tension on the band.



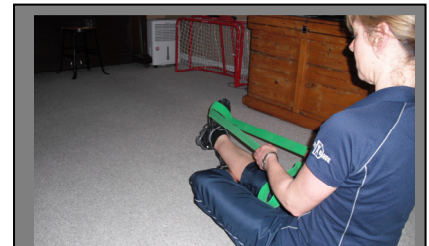
- Bring ankle back to start position and pull back and release once.



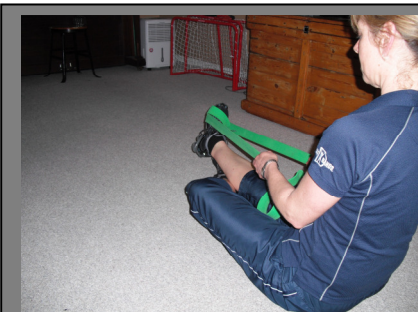
- Roll ankle to the inside.
- Maintain good tension on the band. All of the work must be occurring at the ankle.



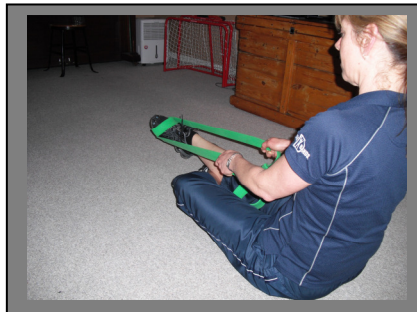
- Bring back to start position and repeat that movement 8-12 times and then hold the stretch for 20 seconds.



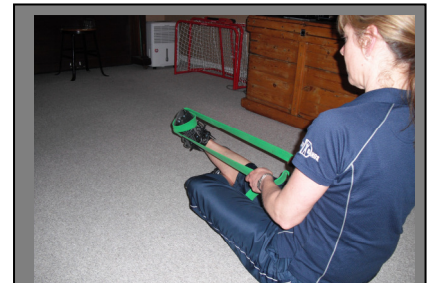
- Back to start position.
- Point toes and turn foot out laterally. Maintain good posture and good tension on band.



- Pull back on band and stretch lower leg for 20 seconds.
- Repeat this stretch 3 times.



- Back to start position.
- Point toes and turn ankle in.



- \*Pull back on band and stretch lower compartment for 20 seconds. Repeat 3 times. Return to start and repeat stretches on other leg.