Seated Ankle Exercises

Starting Position: Wrap the middle of the band around the left toes. Step on the band with your right foot.

Finishing Position: Lift the left toes towards the knee as far up as possible. Return to starting position. Perform exercise with other leg.

Variation of exercise: Lift the left toes up towards the knee. Rotate toes outward and then inward. Return to starting position. Perform exercise with other leg.

Notes