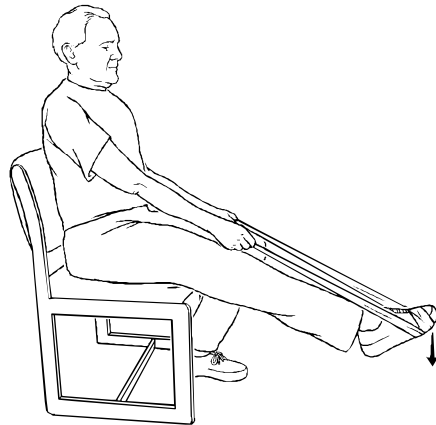


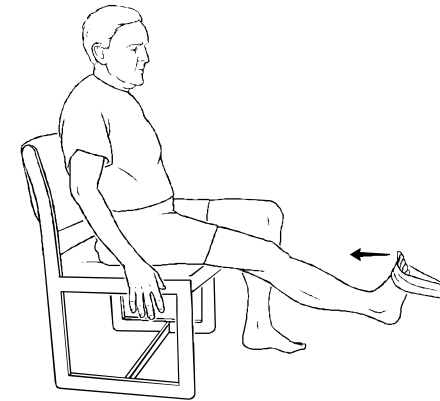
ANKLE STRENGTHENING WITH BANDS - STRENGTH OF ALL ANKLE MUSCLES IS IMPORTANT FOR BALANCE!

Place a piece of resistive band around foot near toes. Push toes down against band.



Repeat 10 times with each foot.

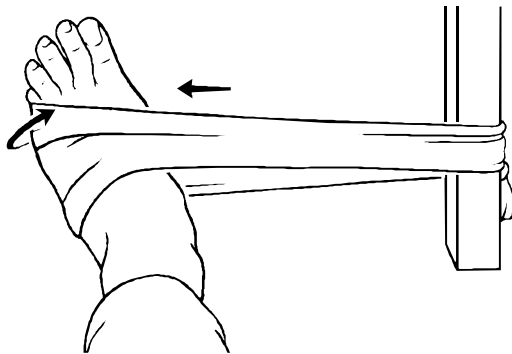
ANKLE STRENGTHENING WITH BANDS



Tie a piece of resistive band around stable furniture. Place the other end around foot near toes. Point toes back toward leg, pulling against band.

Repeat 10 times with each foot.

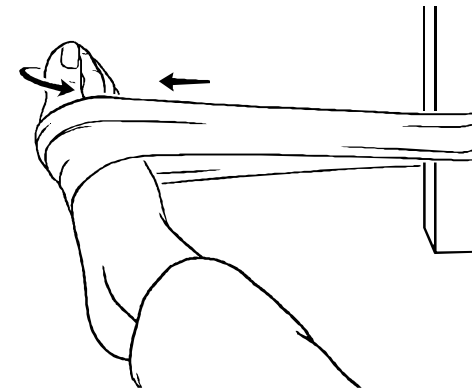
ANKLE STRENGTHENING WITH BANDS



Secure resistive band or tubing around stable furniture. Place foot, near toes, in other end of loop. With inside of foot toward furniture, pull toward little toe as you roll outer edge of foot up.

Repeat 10 times with each foot.

ANKLE STRENGTHENING WITH BANDS



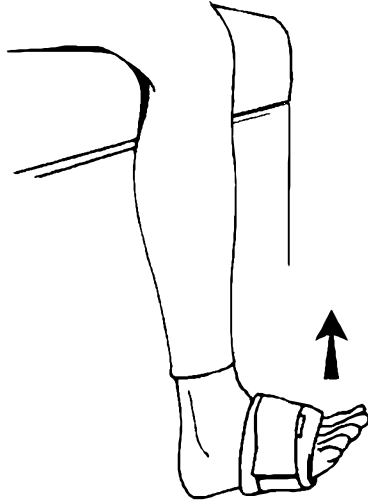
Secure resistive band or tubing around stable furniture. Place foot, near toes, in loop. With outside of foot toward furniture, pull toward big toe as you roll foot upward.

Repeat 10 times with each foot.

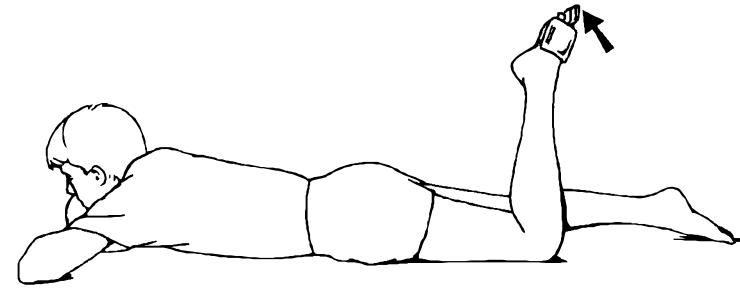
ANKLE STRENGTHENING WITH WEIGHTS

Sitting with leg over edge of table or bed, and cuff weight wrapped around foot, bend ankle and foot up toward knee 10 times.

Repeat with the other foot.

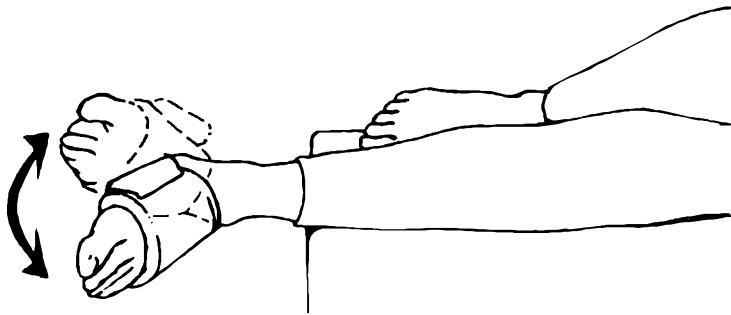


ANKLE STRENGTHENING WITH WEIGHTS



Lying on stomach, with knee bent and weight around foot, point foot toward ceiling 10 times with each foot.

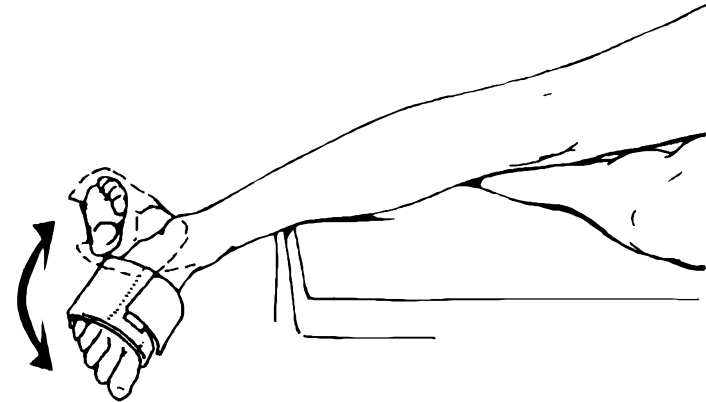
ANKLE STRENGTHENING WITH WEIGHTS



Lying on side, with weight wrapped around foot, bend ankle and foot upward and turn foot inward 10 times.

Repeat with the other foot.

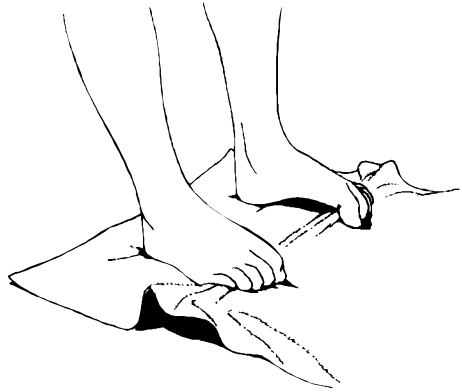
ANKLE STRENGTHENING WITH WEIGHTS



Lying on side, with weight wrapped around foot, bend ankle and foot up and turn foot outward 10 times.

Repeat with the other foot.

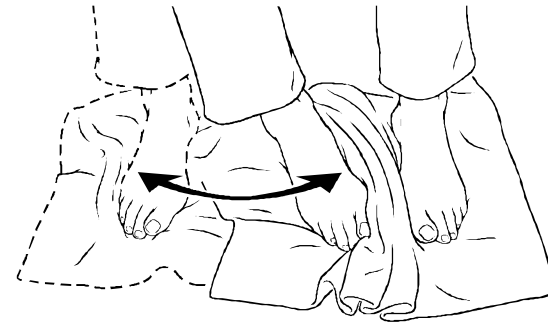
STRENGTHENING OF FEET AND TOES WITH TOWEL



With both feet resting on towel and heels still, slowly bunch up towel by curling toes. Then use toes to straighten the towel.

Repeat 5 times.

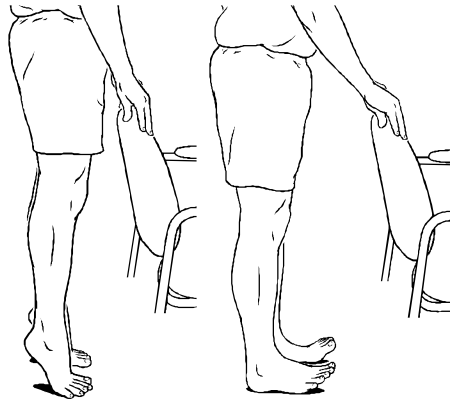
STRENGTHENING OF ANKLE WITH TOWEL



Sitting and keeping heel still on the floor, use strong sideward motion with one foot to slide a towel. Smooth towel back out with the opposite motion. Repeat with other foot. You can place a weight on the towel to make it more challenging.

Repeat 3 to 5 times.

ANKLE STRENGTHENING IN STANDING



Holding a stable object, rise up on toes. Hold briefly. Then rock back on heels and hold briefly. When you feel ready, try the same exercise with one leg at a time.

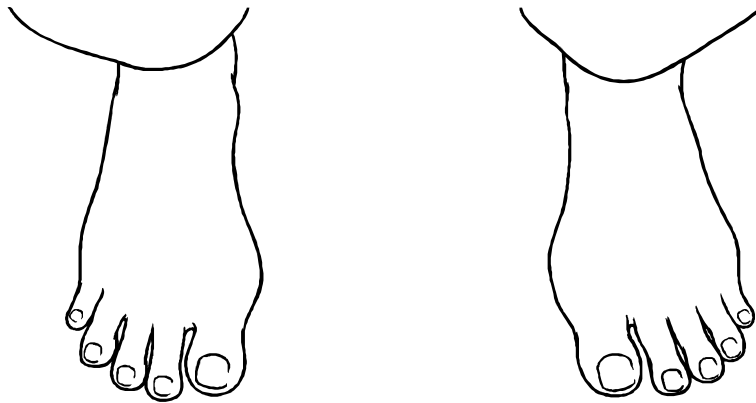
Repeat 10 times.

GUIDELINES FOR USE OF WEIGHTS:

1. Begin using the amount of weight you feel comfortable with.
2. Gradually work up to 12 repetitions with that amount of weight.
3. Increase the amount of weight slightly and decrease to 8 repetitions.
4. Gradually increase back to 12 repetitions before increasing the weight again.

It's important to progressively challenge the muscles so they continue to get stronger. If you are using bands, you can progress to stronger ones.

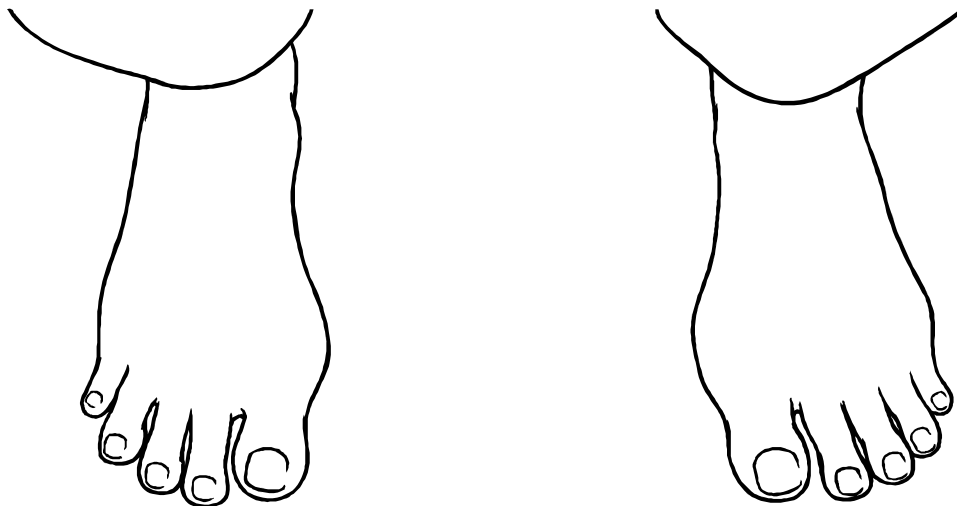
STRENGTHENING OF SHORT MUSCLES IN FEET - IMPORTANT FOR BALANCE AND WALKING!



Sitting with feet flat on the floor: Spread toes, hold briefly, then squeeze them back together and hold briefly. Make sure toes stay flat against the floor. If they curl or pull up, try the action a little more gently, even if you just imagine the action. Try to get the big toe into the action!

Repeat 10 times.

STRENGTHENING OF SHORT MUSCLES IN FEET - IMPORTANT FOR BALANCE AND WALKING!



Keeping toes straight, push them down against floor. Make sure even the tips of the toes push down. If the toes tend to curl, try to do the action a little more gently. Hold while counting out loud for 3 to 5 counts and repeat 10 times.