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### **Thera-Band Ankle Eversion (in Sitting)**

Sit in chair. Loop the middle of the band around foot to be exercised. Stabilize the band under your other foot and grasp the ends of the band. Push your foot outward against the resistance of the band. Slowly return.

Tip: Don't rotate your knee to complete the motion.



### **Thera-Band Ankle Inversion**

Sit on floor with knee extended, and other knee crossed over the top. Loop the middle of the band around lower foot to be exercised, and wrap ends of band around the top foot. Grasp the ends of the band and keep tension on the band. Turn your bottom foot inward away from the band. Slowly return.

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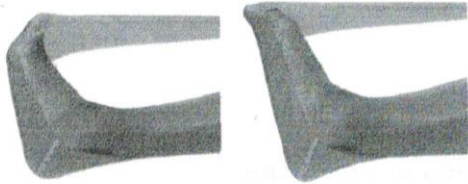
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### **Thera-Band Toe Flexion**



Place band over sole of foot with one end under the heel and the other over the toes and take up the slack. Crunch the toes downward into band. Hold and slowly return.



### **Thera-Band Ankle Dorsiflexion (Foot Raises) in Sitting**

Begin by wrapping the middle of the band around the foot of the ankle you are exercising. Place the ends of the band under the opposite foot to stabilize the band. Grasp the ends of the band at your opposite knee. Lift your foot upward against the band. Hold and slowly return.



### **Thera-Band Ankle Plantarflexion in Sitting**

Wrap the middle of the band around your foot. Grasp the ends of the band at your waist, taking up the slack. Push your foot down into the band. Hold and slowly return.