

Improve Ankle Mobility



Morning Routine:

15 Calf Raises

Walk 10 steps on toes

Walk 10 steps on heels

10 Walking Lunges

10 Mini lateral lunges leaning over toes (each side)

Throughout the Day:

Perform any of the exercises in this program throughout the day such as breaks at work, standing in waiting lines, relaxing, etc.

Evening Routine:

Point and Flex Toes x10

5 Ankle Circles clockwise each foot

5 Ankle Circles counter clockwise each foot

Grab big toe and circulate counter clockwise x5 and pull in to stretch holding for 30 seconds

Repeat with other big toe/foot

Repeat entire sequence x2