



4-Way Ankle - TB

4-way Ankle – PF/DF/IV/EV

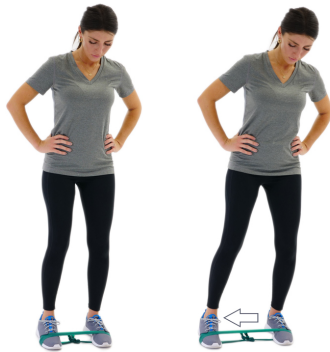
4 movements against TB - slow and controlled
PF - loop band around foot and hold other end of band; push foot downward

DF - loop band around foot and use other leg as leverage for tension. Bend involved knee so heel is on table; pull foot upward

IV - loop band around foot and corner of table as leverage for tension; push foot inward

EV - loop band around foot and use other leg as leverage for tension; push foot outward

Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week



ELASTIC BAND - LATERAL EVERSION WALKS

Place a looped elastic band around the balls of your feet as shown.

Next, step to the side while keeping tension on the band the entire time with your feet straight ahead. After taking sidesteps to the side in one direction for 10 yards, reverse the direction taking sidesteps until you return to the starting position. Repeat 5 times

Video # XVSESBRL4

Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week



ELASTIC BAND HIP ABDUCTION

Stand with an elastic band attached to your ankle so that the band is directed and anchored off to the side in front of your other leg as shown.

Next, move your leg out to the side while pulling against the resistance of the band and then move your leg back towards the floor. Repeat.

Use your arms for balance support if needed for balance and safety.

Video # XVHSN2VA9

Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week



ELASTIC BAND - HIP EXTENSION

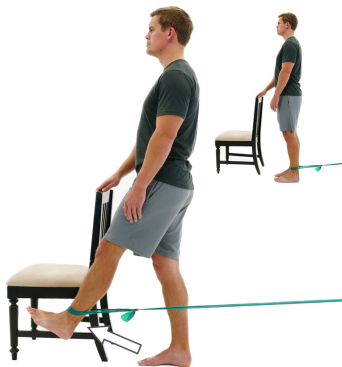
While standing with an elastic band attached to your ankle, move your leg back behind you.

Keep your knee straight the entire time.

Use your arms for balance support if needed for balance and safety.

Video # XVBPJ2GZH

Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week



ELASTIC BAND - HIP FLEXION

While standing with an elastic band attached to your ankle, draw your leg forward in front of your body.

Keep your knee straight the entire time.

Use your arms for balance support if needed for balance and safety.

Video # XVE8EDDRT

Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week



ELASTIC BAND HIP ADDUCTION

Stand with an elastic band attached to your ankle so that the band is directed and anchored off to the side away from your body as shown.

Next, move your leg out to the side and then move your leg back towards the floor while pulling against the resistance of the band. Repeat.

Use your arms for balance support if needed for balance and safety.

Video # XVJ2ZGV43

Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week