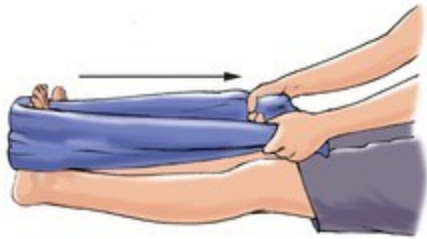


# Ankle Sprain Rehabilitation Exercises



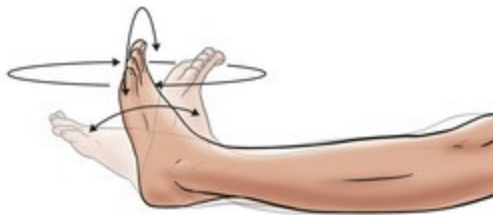
Towel stretch



Standing calf stretch



Standing soleus stretch



Ankle active range of motion



Resisted ankle dorsiflexion



Resisted ankle plantar flexion