

Perform every other day wearing your orthotics if you have them.



**1. Perform 15 repetitions standing on a foam block with toes forward, toes in, and toes turned out for a total of 45 repetitions.** Stand with heels hanging off the block and raise up on your toes as high as you can and hold for 1 second.



**2. Perform 20 repetitions on each leg.** Tie tubing around a pole and then wrap handle around your foot. Start with it pointed in and down, then pull ankle lateral pulling toes up towards your shins. Move slowly.



**3. Perform 15 on each leg.** Stand on block or uneven surface and squat 1/4 of the way down, hold, then stand back up slowly. Perform all on one leg, then the other.



**4. Perform 1 set of 12 step ups. Place a bosu ball on top of a 10 inch box or step. Stand up as shown trying to keep your knees and hips tracking forward, not side to side. Move slowly controlling your motion from your ankles.**



**5. Perform 10 lifts per leg. Start on your side with arm up balancing on the side of your ankle as shown. Don't let your ankle flatten out to touch the ground. Raise the top leg slowly controlling the ankle on the bottom foot that is contacting the ground.**