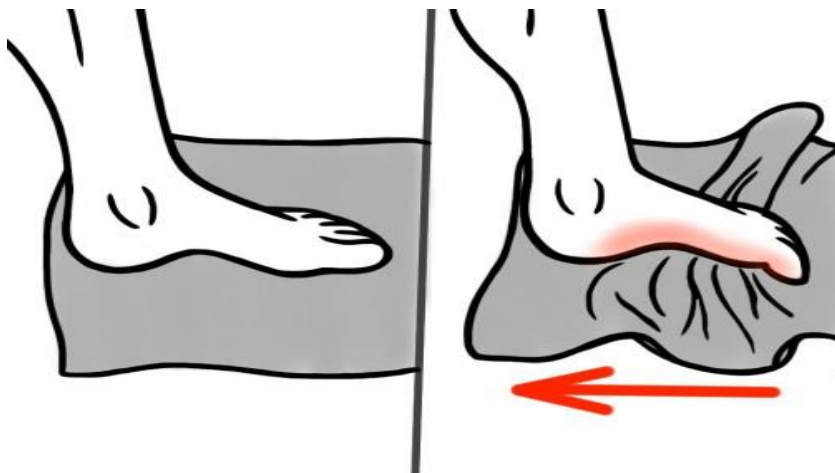


# Active Health Solutions

## Activation Exercises for the Foot and Ankle



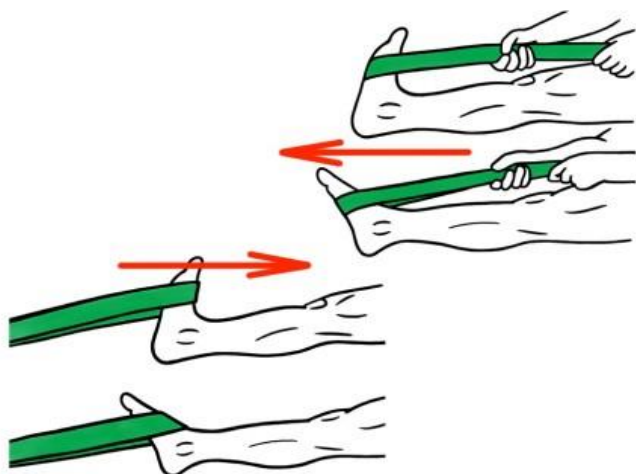
### Towel Scrunch

This PreHab exercise will develop dexterity and activate the intricate muscle actions of the foot, which will provide a foundation for improved coordination and agility in addition to helping your posture and balance.

Place your foot on a towel with the forefoot just across the edge.

Next, pull the towel under the foot by scrunching or curling the toes and foot. Attempt to spread the toes as wide as possible to pull the towel in from the sides and use the forefoot to push the towel further back towards your heel.

*Practice this exercise for 30-60 seconds on each foot.*



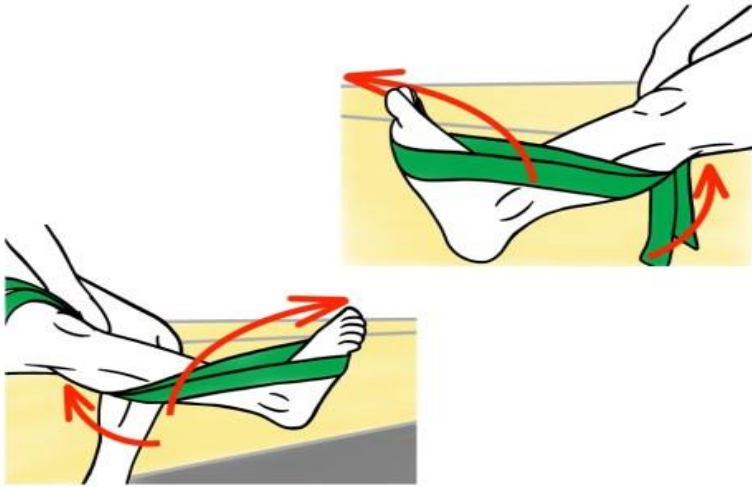
### Plantar and Dorsi Flexion Against Band

Wrap a resistance band around the forefoot and hold on to it with your hands. Pull the band taut, but not too tight at first. Increase resistance as you progress through reps.

Next, attempt to point the toes as far away as possible from the shins and then slowly return to the original starting position. Next, pull the toes

back towards the shins as far as possible and then slowly return to the original starting position. Perform the reps slow at first and then add speed in increments as you also increase the resistance.

*Perform 10-15 reps on each foot.*



### **Inversion And Eversion Against Band**

Wrap a resistance band around the forefoot of one foot and then spiral the band around the inside of the calf before anchoring the band on the outside of the knee.

Next, attempt to press the toes as far away from the shin as possible while also turning the sole of the foot in towards the mid-line

or inside of your body. Then slowly return the foot to the original starting positions and begin again.

*Perform 10-15 reps on each foot.* Next, attempt to press the toes as far away from the shin as possible while also turning the sole of the foot out away from the mid-line or inside of the body. Then slowly return the foot to the original starting position and begin again.

*Perform 10-15 reps on each foot.*

### **Single-Leg Heel Lift**

Stand on one foot and lift the opposite knee up to hip height. Reach the arms forward towards the horizon and look straight ahead. Next, press down into the forefoot and lift the standing heel off the ground as far as possible while maintaining balance. Then lower the heel back down to the floor under control. Repeat several more time and practice a variety of tempos, such as 'up and down up on a 5 count', as well as some isometric holds at the top. Advanced Version: Eyes Closed.

*Perform 10-15 reps on each foot.*

